



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Heppenheimer Skiclub

□□□: 1:22:53

□□: Heppenheimer Skiclub

□□: 339

□□: 25.50 km

Triathlonstaffel

□□□□□/□□□: 17 (of 24)

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□□□□□□: 58:20

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Triathlon-Staffel

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.50 | 10:08 | 20:15 | 5 | 2:48 | 5 | 2:48 | 0.50 | 10:08 | 20:15 | 5 | 2:48 | 5 | 2:48 |
| Wechsel S -> R | - | 1:28 | - | 7 | 0:18 | 7 | 0:18 | 0.50 | 11:36 | 23:11 | 6 | 2:53 | 6 | 2:53 |
| Schwimmen □□□ | 0.50 | 11:36 | 23:11 | 6 | 2:53 | 6 | 2:53 | 0.50 | 11:36 | 23:11 | 6 | 2:53 | 6 | 2:53 |
| Rad netto | 20.00 | 42:29 | 2:07 | 19 | 11:59 | 19 | 11:59 | 20.50 | 54:05 | 2:38 | 17 | 14:52 | 17 | 14:52 |
| Wechsel R -> L | - | 1:02 | - | 24 | 0:38 | 24 | 0:38 | 20.50 | 55:07 | 2:41 | 17 | 15:25 | 17 | 15:25 |
| Rad □□□ | 20.00 | 43:31 | 2:10 | 19 | 12:32 | 19 | 12:32 | 20.50 | 55:07 | 2:41 | 17 | 15:25 | 17 | 15:25 |
| Lauf | 5.00 | 27:46 | 5:33 | 17 | 9:53 | 17 | 9:53 | 25.50 | 1:22:53 | 3:15 | 17 | 24:33 | 17 | 24:33 |