



13. Lorsch Triathlon

Lorsch / 14.08.2016

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Team Rind, Hiltl & Ehlers

000: 1:30:16

00: Team Rind, Hiltl & Ehlers

00: 338

00: 25.50 km

Triathlonstaffel

00000/000: 23 (of 24)

00000/000: 23 (of 24)

000000: 58:20

0000:

Triathlon-Staffel

00000: 23(of 24)

0000000: 58:20

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000	00 km	00 00	00 min/km	00 -	00 -	00 000	00 000	000	000	000	00 -	00 -	00 000	00 000
Schwimmen nett	0.50	12:41	25:22	21	5:21	21	5:21	0.50	12:41	25:22	21	5:21	21	5:21
Wechsel S -> R	-	1:56	-	21	0:46	21	0:46	0.50	14:37	29:14	21	5:54	21	5:54
Schwimmen 000	0.50	14:37	29:14	21	5:54	21	5:54	0.50	14:37	29:14	21	5:54	21	5:54
Rad netto	20.00	47:35	2:22	24	17:05	24	17:05	20.50	1:02:12	3:02	24	22:59	24	22:59
Wechsel R -> L	-	0:48	-	21	0:24	21	0:24	20.50	1:03:00	3:04	24	23:18	24	23:18
Rad 000	20.00	48:23	2:25	24	17:24	24	17:24	20.50	1:03:00	3:04	24	23:18	24	23:18
Lauf	5.00	27:16	5:27	15	9:23	15	9:23	25.50	1:30:16	3:32	23	31:56	23	31:56