



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

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Team 'Die rasenden Mannemer'

000: 1:13:23

00: 20.44 km/h

00: 395

00: 25.50 km

Triathlonstaffel

00000: 10 (of 31)

000000: 59:32

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Triathlon-Staffel

00000: 10(of 31)

0000000: 59:32

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	000	000	km	00	km/h	-	-	000	000
Schwimmen nett	0.50	12:15	0.00	20	4:32	20	4:32	0.50	12:15	0.00	20	4:32	20	4:32
Wechsel S -> R	-	1:47	-	19	0:33	19	0:33	0.50	14:02	-	19	5:03	19	5:03
Kontrolle Rad	6.00	11:41	30.81	12	2:11	12	2:11	6.50	25:43	14.00	15	6:19	15	6:19
Kontrolle Rad	8.00	14:39	32.76	12	2:40	12	2:40	14.50	40:22	20.81	15	8:59	15	8:59
Rad Ziel	6.00	10:31	34.23	12	1:49	12	1:49	20.50	50:53	23.58	17	10:39	17	10:39
Wechsel R -> L	-	0:32	-	16	0:10	16	0:10	20.50	51:25	-	16	10:37	16	10:37
Kontrolle Lauf	2.40	10:24	11.54	8	2:15	8	2:15	22.90	1:01:49	21.35	11	12:10	11	12:10
Lauf Ziel	2.60	11:34	10.37	9	2:39	9	2:39	25.50	1:13:23	20.44	10	13:51	10	13:51