



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

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Team 'Hofmann, Roos & Fink'

000: 1:16:01

00: 20.13 km/h

00: 396

00: 25.50 km

Triathlonstaffel

00000: 13 (of 31)

000000: 59:32

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Triathlon-Staffel

00000: 13(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	10:39	2.82	10	2:56	10	2:56	0.50	10:39	2.82	10	2:56	10	2:56
Wechsel S -> R	-	1:43	-	16	0:29	16	0:29	0.50	12:22	-	10	3:23	10	3:23
Kontrolle Rad	6.00	11:33	31.17	11	2:03	11	2:03	6.50	23:55	16.31	8	4:31	8	4:31
Kontrolle Rad	8.00	14:36	32.88	11	2:37	11	2:37	14.50	38:31	22.59	9	7:08	9	7:08
Rad Ziel	6.00	10:32	34.18	13	1:50	13	1:50	20.50	49:03	25.08	9	8:49	9	8:49
Wechsel R -> L	-	0:25	-	3	0:03	3	0:03	20.50	49:28	-	9	8:40	9	8:40
Kontrolle Lauf	2.40	12:19	11.69	21	4:10	21	4:10	22.90	1:01:47	22.24	10	12:08	10	12:08
Lauf Ziel	2.60	14:14	10.96	21	5:19	21	5:19	25.50	1:16:01	20.13	13	16:29	13	16:29