



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Team 'Bähring, Hufnagel & Gärtner' 000: 1:24:12

00: 17.81 km/h

00: 407

00: 25.50 km

Triathlonstaffel

00000: 24 (of 31)

000000: 59:32

0000:

Triathlon-Staffel

00000: 24(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	14:19	0.00	27	6:36	27	6:36	0.50	14:19	0.00	27	6:36	27	6:36
Wechsel S -> R	-	2:06	-	28	0:52	28	0:52	0.50	16:25	-	28	7:26	28	7:26
Kontrolle Rad	6.00	14:08	25.47	27	4:38	27	4:38	6.50	30:33	11.78	28	11:09	28	11:09
Kontrolle Rad	8.00	17:03	28.15	26	5:04	26	5:04	14.50	47:36	17.65	27	16:13	27	16:13
Rad Ziel	6.00	11:34	31.12	23	2:52	23	2:52	20.50	59:10	20.28	27	18:56	27	18:56
Wechsel R -> L	-	0:51	-	31	0:29	31	0:29	20.50	1:00:01	-	27	19:13	27	19:13
Kontrolle Lauf	2.40	11:38	10.32	16	3:29	16	3:29	22.90	1:11:39	18.42	26	22:00	26	22:00
Lauf Ziel	2.60	12:33	9.56	15	3:38	15	3:38	25.50	1:24:12	17.81	24	24:40	24	24:40