



6. Lorsch Triathlon

Lorsch / 02.08.2009

Team

Team Grunwald & Sellenk

Time: 1:08:16

Avg Speed: 21.97 km/h

Rank: 338

Distance: 25.50 km

Triathlonstaffel

Participants: 4 (of 12)

Staffel: 4 (of 12)

Staffel Time: 1:02:15

Staffel:

Triathlon-Staffel

Staffel Rank: 4 (of 12)

Staffel Time: 1:02:15

Summary

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Activity	Distance (km)	Time	Avg Speed (km/h)	Rank	Time	Rank	Time	Distance (km)	Time	Avg Speed (km/h)	Rank	Time	Rank	Time
Schwimmen	0.50	10:18	0.00	5	1:54	5	1:54	0.50	10:18	0.00	4	0:18	4	0:18
Rad	20.00	34:09	35.14	1	-	1	-	20.50	44:27	27.00	4	-	4	-
Lauf	5.00	23:49	12.60	6	11:34	6	11:34	25.50	1:08:16	21.97	4	6:01	4	6:01