



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

Greminger, Horst

000: 1:20:34

00: 215

00: 25.75 km

Lorsch Triathlon 0,5-20,0-5,0

0000:

Senioren 7 (TM 70-74)

00000/000: 213 (of 322)

00000/0: 186 (of 260)

000000: 58:22

00000: 1(of 4)

0000000: 1:20:34

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0000

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| 000             | 00    | 00    | 00    | 00 | 00   | 00  | 00    | 000   | 000     | 000   | 00 | 00   | 00  | 00    |
|-----------------|-------|-------|-------|----|------|-----|-------|-------|---------|-------|----|------|-----|-------|
|                 | km    | 00    | km/h  | -  | -    | 0   | 0     | km    | 00      | km/h  | -  | -    | 0   | 0     |
| Schwimmen       | 0.50  | 13:02 | 2.30  | 3  | 1:51 | 216 | 6:18  | 0.50  | 13:02   | 2.30  | 5  | 0:43 | 259 | 3:56  |
| Wechsel Schwim  | 0.20  | 2:34  | 4.68  | 2  | 0:10 | 123 | 1:08  | 0.70  | 15:36   | 2.69  | 5  | 0:53 | 259 | 4:45  |
| Schwimmen 000   | 0.70  | 15:36 | 2.69  | 5  | 0:53 | 259 | 4:45  | 0.70  | 15:36   | 2.69  | 5  | 0:53 | 259 | 4:45  |
| Rad             | 20.00 | 35:32 | 33.77 | 1  | -    | 95  | 4:47  | 20.70 | 51:08   | 24.29 | 5  |      | 259 | 9:15  |
| Wechsel Rad-Lau | 0.05  | 1:02  | 2.90  | 2  | 0:13 | 128 | 0:59  | 20.75 | 52:10   | 23.87 | 5  |      | 256 | 9:26  |
| Rad 000         | 20.05 | 36:34 | 32.90 | 1  | -    | 92  | 4:57  | 20.75 | 52:10   | 23.87 | 5  |      | 256 | 9:26  |
| Lauf            | 5.00  | 28:24 | 10.56 | 2  | 0:50 | 217 | 12:52 | 25.75 | 1:20:34 | 19.18 | 1  | -    | 188 | 22:12 |