



10. Lorsch Triathlon

Lorsch / 11.08.2013

Team Triple-T

Team Triple-T

378

25.75 km

Triathlonstaffel

Triathlon-Staffel

Triathlon-Staffel

1:08:51

5 (of 42)

5 (of 42)

1:00:17

5 (of 42)

1:00:17

Team Triple-T

Team Triple-T

Team Triple-T

Team Triple-T	km	Time	km/h	-	-	Team Triple-T	Team Triple-T	km	Time	km/h	-	-	Team Triple-T	Team Triple-T
Schwimmen	0.50	10:32	2.85	12	1:46	12	1:46	0.50	10:32	2.85	26	-	26	26
Wechsel Schwim	0.20	1:30	8.00	18	0:28	18	0:28	0.70	12:02	3.49	26	-	26	26
Schwimmen Team Triple-T	0.70	12:02	3.49	26	-	26	-	0.70	12:02	3.49	26	-	26	26
Rad	20.00	36:26	32.94	11	5:03	11	5:03	20.70	48:28	25.63	26	-	26	26
Wechsel Rad-Lau	0.05	0:40	4.50	31	0:17	31	0:17	20.75	49:08	25.34	26	-	26	26
Rad Team Triple-T	20.05	37:06	32.43	11	5:04	11	5:04	20.75	49:08	25.34	26	-	26	26
Lauf	5.00	19:43	15.22	5	1:16	5	1:16	25.75	1:08:51	22.44	5	8:34	5	8:34