



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	km/h	-	-	Team Triple-T	Team Triple-T	km	km/h	-	-	Team Triple-T	Team Triple-T		
Schwimmen	0.50	10:32	0.00	12	1:46	12	1:46	0.50	10:32	0.00	26	26		
Wechsel Schwim	0.20	1:30	0.00	18	0:28	18	0:28	0.70	12:02	0.00	26	26		
Schwimmen Team Triple-T	0.70	12:02	0.00	26		26		0.70	12:02	0.00	26	26		
Rad	20.00	36:26	32.94	11	5:03	11	5:03	20.70	48:28	24.76	26	26		
Wechsel Rad-Lau	0.05	0:40	0.00	31	0:17	31	0:17	20.75	49:08	24.42	26	26		
Rad Team Triple-T	20.05	37:06	32.35	11	5:04	11	5:04	20.75	49:08	24.42	26	26		
Lauf	5.00	19:43	15.22	5	1:16	5	1:16	25.75	1:08:51	21.79	5	8:34	5	8:34