



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Team Lenz & Höfer

000: 1:11:13

00: Team Lenz & Höfer

00: 361

00: 25.75 km

Triathlonstaffel

00000/000: 9 (of 42)

00000/000: 9 (of 42)

000000: 1:00:17

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Triathlon-Staffel

00000: 9(of 42)

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	km	00	km/h	-	-	000	000	km	00	km/h	-	-	000	000
Schwimmen	0.50	11:09	2.69	14	2:23	14	2:23	0.50	11:09	2.69	30			30
Wechsel Schwim	0.20	1:53	6.37	33	0:51	33	0:51	0.70	13:02	3.22	30			30
Schwimmen 000	0.70	13:02	3.22	30		30		0.70	13:02	3.22	30			30
Rad	20.00	33:16	36.07	2	1:53	2	1:53	20.70	46:18	26.83	30			30
Wechsel Rad-Lau	0.05	0:44	4.09	35	0:21	35	0:21	20.75	47:02	26.47	30			30
Rad 000	20.05	34:00	35.38	2	1:58	2	1:58	20.75	47:02	26.47	30			30
Lauf	5.00	24:11	12.41	21	5:44	21	5:44	25.75	1:11:13	21.69	9	10:56	9	10:56