



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

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## Team Sachse & Numrich

□□□: 1:12:50

□□: Team Sachse & Numrich

□□: 365

□□: 25.75 km

Triathlonstaffel

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□□□□□□: 1:00:17

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Triathlon-Staffel

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| □□□             | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-----------------|----------|----------|------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen       | 0.50     | 9:48     | 3.06       | 8       | 1:02    | 8         | 1:02      | 0.50  | 9:48    | 3.06  | 34      |         | 34        |           |
| Wechsel Schwim  | 0.20     | 1:34     | 7.66       | 22      | 0:32    | 22        | 0:32      | 0.70  | 11:22   | 3.70  | 34      |         | 34        |           |
| Schwimmen □□□   | 0.70     | 11:22    | 3.70       | 34      |         | 34        |           | 0.70  | 11:22   | 3.70  | 34      |         | 34        |           |
| Rad             | 20.00    | 37:48    | 31.75      | 19      | 6:25    | 19        | 6:25      | 20.70 | 49:10   | 25.26 | 34      |         | 34        |           |
| Wechsel Rad-Lau | 0.05     | 0:34     | 5.29       | 18      | 0:11    | 18        | 0:11      | 20.75 | 49:44   | 25.03 | 34      |         | 34        |           |
| Rad □□□         | 20.05    | 38:22    | 31.36      | 19      | 6:20    | 19        | 6:20      | 20.75 | 49:44   | 25.03 | 34      |         | 34        |           |
| Lauf            | 5.00     | 23:06    | 12.99      | 16      | 4:39    | 16        | 4:39      | 25.75 | 1:12:50 | 21.21 | 13      | 12:33   | 13        | 12:33     |