



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

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## Team Sachse & Numrich

000: 1:12:50

00: Team Sachse & Numrich

00: 365

00: 25.75 km

Triathlonstaffel

00000/000: 13 (of 42)

00000/000: 13 (of 42)

000000: 1:00:17

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Triathlon-Staffel

00000: 13(of 42)

0000000: 1:00:17

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	000	000	km	00	km/h	-	-	000	000
Schwimmen	0.50	9:48	0.00	8	1:02	8	1:02	0.50	9:48	0.00	34			34
Wechsel Schwim	0.20	1:34	0.00	22	0:32	22	0:32	0.70	11:22	0.00	34			34
Schwimmen 000	0.70	11:22	0.00	34		34		0.70	11:22	0.00	34			34
Rad	20.00	37:48	31.75	19	6:25	19	6:25	20.70	49:10	24.41	34			34
Wechsel Rad-Lau	0.05	0:34	0.00	18	0:11	18	0:11	20.75	49:44	24.13	34			34
Rad 000	20.05	38:22	31.28	19	6:20	19	6:20	20.75	49:44	24.13	34			34
Lauf	5.00	23:06	12.99	16	4:39	16	4:39	25.75	1:12:50	20.59	13	12:33	13	12:33