



10. Lorsch Triathlon

Lorsch / 11.08.2013

XXXX

Trim Team XX3

XXX: 1:13:41

XX: Trim Team XX3

XX: 376

XX: 25.75 km

Triathlonstaffel

XXXXXX/XXX: 14 (of 42)

XXXXXX/XXX: 14 (of 42)

XXXXXX: 1:00:17

XXXX:

Triathlon-Staffel

XXXXXX: 14(of 42)

XXXXXX: 1:00:17

XXXX

XXXX

XXX

XXX	XX	XX	XX	XX	XX	XX	XX	XXX	XXX	XXX	XX	XX	XX	XX
	km	XX	km/h	-	-	XX	XXX	km	XX	km/h	-	-	XX	XXX
Schwimmen	0.50	12:56	0.00	31	4:10	31	4:10	0.50	12:56	0.00	35	-	35	35
Wechsel Schwim	0.20	1:25	0.00	10	0:23	10	0:23	0.70	14:21	0.00	35	-	35	35
Schwimmen XXX	0.70	14:21	0.00	35		35		0.70	14:21	0.00	35	-	35	35
Rad	20.00	36:49	32.59	13	5:26	13	5:26	20.70	51:10	23.45	35	-	35	35
Wechsel Rad-Lau	0.05	0:26	0.00	4	0:03	4	0:03	20.75	51:36	23.26	35	-	35	35
Rad XXX	20.05	37:15	32.21	13	5:13	13	5:13	20.75	51:36	23.26	35	-	35	35
Lauf	5.00	22:05	13.58	11	3:38	11	3:38	25.75	1:13:41	20.36	14	13:24	14	13:24