



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

Team

## Team Griethe & Post

Time: 1:14:13

Team: Team Griethe & Post

Number: 364

Distance: 25.75 km

Triathlonstaffel

Participants: 17 (of 42)

Participants: 17 (of 42)

Time: 1:00:17

Staffel:

Participants: 17 (of 42)

Triathlon-Staffel

Time: 1:00:17

Team

Team

Team

Team	km	km/h	-	-	km	km	km	km	km	km/h	-	-	km	km
Schwimmen	0.50	9:41	3.10	7	0:55	7	0:55	0.50	9:41	3.10	41		41	
Wechsel Schwim	0.20	1:05	11.08	2	0:03	2	0:03	0.70	10:46	3.90	41		41	
Schwimmen Team	0.70	10:46	3.90	41		41		0.70	10:46	3.90	41		41	
Rad	20.00	35:58	33.36	10	4:35	10	4:35	20.70	46:44	26.58	41		41	
Wechsel Rad-Lau	0.05	0:23	7.83	1	-	1	-	20.75	47:07	26.42	41		41	
Rad Team	20.05	36:21	33.09	9	4:19	9	4:19	20.75	47:07	26.42	41		41	
Lauf	5.00	27:06	11.07	35	8:39	35	8:39	25.75	1:14:13	20.82	17	13:56	17	13:56