



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

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## United Runners of Pfalz

000: 1:21:17

00: United Runners of Pfalz

00: 355

00: 25.75 km

Triathlonstaffel

00000/000: 28 (of 42)

00000/000: 28 (of 42)

000000: 1:00:17

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Triathlon-Staffel

00000: 28(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	12:59	2.31	32	4:13	32	4:13	0.50	12:59	2.31	7		7	
Wechsel Schwim	0.20	1:49	6.61	30	0:47	30	0:47	0.70	14:48	2.84	7	0:13	7	0:13
Schwimmen 000	0.70	14:48	2.84	7	0:13	7	0:13	0.70	14:48	2.84	7	0:13	7	0:13
Rad	20.00	37:21	32.13	15	5:58	15	5:58	20.70	52:09	23.82	7		7	
Wechsel Rad-Lau	0.05	0:42	4.29	34	0:19	34	0:19	20.75	52:51	23.56	7		7	
Rad 000	20.05	38:03	31.62	15	6:01	15	6:01	20.75	52:51	23.56	7		7	
Lauf	5.00	28:26	10.55	40	9:59	40	9:59	25.75	1:21:17	19.01	28	21:00	28	21:00