



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Team Trainee, Sack & Zwipp

□□□: 1:22:29

□□: Team Trainee, Sack & Zwipp

□□: 366

□□: 25.75 km

Triathlonstaffel

□□□□□/□□□: 30 (of 42)

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□□□□□□: 1:00:17

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Triathlon-Staffel

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□□□□□□□: 1:00:17

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| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-----------------|----------|----------|------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen | 0.50 | 12:09 | 0.00 | 27 | 3:23 | 27 | 3:23 | 0.50 | 12:09 | 0.00 | 9 | | 9 | |
| Wechsel Schwim | 0.20 | 1:53 | 0.00 | 33 | 0:51 | 33 | 0:51 | 0.70 | 14:02 | 0.00 | 9 | | 9 | |
| Schwimmen □□□ | 0.70 | 14:02 | 0.00 | 9 | | 9 | | 0.70 | 14:02 | 0.00 | 9 | | 9 | |
| Rad | 20.00 | 42:02 | 28.55 | 33 | 10:39 | 33 | 10:39 | 20.70 | 56:04 | 21.40 | 9 | 3:03 | 9 | 3:03 |
| Wechsel Rad-Lau | 0.05 | 0:32 | 0.00 | 12 | 0:09 | 12 | 0:09 | 20.75 | 56:36 | 21.20 | 8 | 2:58 | 8 | 2:58 |
| Rad □□□ | 20.05 | 42:34 | 28.19 | 32 | 10:32 | 32 | 10:32 | 20.75 | 56:36 | 21.20 | 8 | 2:58 | 8 | 2:58 |
| Lauf | 5.00 | 25:53 | 11.59 | 28 | 7:26 | 28 | 7:26 | 25.75 | 1:22:29 | 18.19 | 30 | 22:12 | 30 | 22:12 |