



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

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## Team Freudenberger, Behres & Glanzner: 1:22:45

00: Team Freudenberger, Behres & Glanzner

00: 351

00: 25.75 km

Triathlonstaffel

0000:

Triathlon-Staffel

00000/000: 31 (of 42)

00000/000: 31 (of 42)

000000: 1:00:17

00000: 31(of 42)

0000000: 1:00:17

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	km	00	km/h	-	-	000	000	km	00	km/h	-	-	000	000
Schwimmen	0.50	11:26	0.00	19	2:40	19	2:40	0.50	11:26	0.00	10		10	
Wechsel Schwim	0.20	1:28	0.00	17	0:26	17	0:26	0.70	12:54	0.00	10		10	
Schwimmen 000	0.70	12:54	0.00	10		10		0.70	12:54	0.00	10		10	
Rad	20.00	42:20	28.35	36	10:57	36	10:57	20.70	55:14	21.73	10	2:13	10	2:13
Wechsel Rad-Lau	0.05	0:33	0.00	15	0:10	15	0:10	20.75	55:47	21.51	10	2:09	10	2:09
Rad 000	20.05	42:53	27.98	35	10:51	35	10:51	20.75	55:47	21.51	10	2:09	10	2:09
Lauf	5.00	26:58	11.12	34	8:31	34	8:31	25.75	1:22:45	18.13	31	22:28	31	22:28