



10. Lorsch Triathlon

Lorsch / 11.08.2013

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Team Rossrucker, Weber & Geffert 000: 1:23:36

00: Team Rossrucker, Weber & Geffert

00: 340

00: 25.75 km

Triathlonstaffel

0000:

Triathlon-Staffel

00000/000: 32 (of 42)

00000/000: 32 (of 42)

000000: 1:00:17

00000: 32(of 42)

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	km	00	km/h	-	-	000	000	km	00	km/h	-	-	000	000
Schwimmen	0.50	14:59	2.00	38	6:13	38	6:13	0.50	14:59	2.00	11	1:58	11	1:58
Wechsel Schwim	0.20	2:00	6.00	40	0:58	40	0:58	0.70	16:59	2.47	11	2:24	11	2:24
Schwimmen 000	0.70	16:59	2.47	11	2:24	11	2:24	0.70	16:59	2.47	11	2:24	11	2:24
Rad	20.00	36:49	32.59	13	5:26	13	5:26	20.70	53:48	23.09	11	0:47	11	0:47
Wechsel Rad-Lau	0.05	0:51	3.53	36	0:28	36	0:28	20.75	54:39	22.78	11	1:01	11	1:01
Rad 000	20.05	37:40	31.94	14	5:38	14	5:38	20.75	54:39	22.78	11	1:01	11	1:01
Lauf	5.00	28:57	10.36	41	10:30	41	10:30	25.75	1:23:36	18.48	32	23:19	32	23:19