



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

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## TVGG Lorsch Handball Damen 1 Team□□□: 1:24:10

□□: TVGG Lorsch Handball Damen 1 Team III

□□: 359

□□: 25.75 km

Triathlonstaffel

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Triathlon-Staffel

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□□□□□□: 1:00:17

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| □□□             | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-----------------|----------|----------|------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen       | 0.50     | 13:01    | 0.00       | 33      | 4:15    | 33        | 4:15      | 0.50  | 13:01   | 0.00  | 1       | -       | 1         | -         |
| Wechsel Schwim  | 0.20     | 1:34     | 0.00       | 22      | 0:32    | 22        | 0:32      | 0.70  | 14:35   | 0.00  | 1       | -       | 1         | -         |
| Schwimmen □□□   | 0.70     | 14:35    | 0.00       | 1       | -       | 1         | -         | 0.70  | 14:35   | 0.00  | 1       | -       | 1         | -         |
| Rad             | 20.00    | 38:26    | 31.22      | 21      | 7:03    | 21        | 7:03      | 20.70 | 53:01   | 22.63 | 1       | -       | 1         | -         |
| Wechsel Rad-Lau | 0.05     | 0:37     | 0.00       | 24      | 0:14    | 24        | 0:14      | 20.75 | 53:38   | 22.37 | 1       | -       | 1         | -         |
| Rad □□□         | 20.05    | 39:03    | 30.73      | 21      | 7:01    | 21        | 7:01      | 20.75 | 53:38   | 22.37 | 1       | -       | 1         | -         |
| Lauf            | 5.00     | 30:32    | 9.83       | 42      | 12:05   | 42        | 12:05     | 25.75 | 1:24:10 | 17.82 | 33      | 23:53   | 33        | 23:53     |