



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

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## Judoverein Heppenheim

□□□: 1:26:53

□□: Judoverein Heppenheim

□□: 339

□□: 25.75 km

Triathlonstaffel

□□□□□/□□□: 37 (of 42)

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□□□□□□: 1:00:17

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Triathlon-Staffel

□□□□□: 37(of 42)

□□□□□□□: 1:00:17

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| □□□             | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□<br>km | □□□<br>□□ | □□□<br>km/h | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-----------------|----------|----------|------------|---------|---------|-----------|-----------|-----------|-----------|-------------|---------|---------|-----------|-----------|
| Schwimmen       | 0.50     | 15:17    | 0.00       | 39      | 6:31    | 39        | 6:31      | 0.50      | 15:17     | 0.00        | 16      | 2:16    | 16        | 2:16      |
| Wechsel Schwim  | 0.20     | 1:56     | 0.00       | 35      | 0:54    | 35        | 0:54      | 0.70      | 17:13     | 0.00        | 16      | 2:38    | 16        | 2:38      |
| Schwimmen □□□   | 0.70     | 17:13    | 0.00       | 16      | 2:38    | 16        | 2:38      | 0.70      | 17:13     | 0.00        | 16      | 2:38    | 16        | 2:38      |
| Rad             | 20.00    | 41:02    | 29.24      | 28      | 9:39    | 28        | 9:39      | 20.70     | 58:15     | 20.60       | 16      | 5:14    | 16        | 5:14      |
| Wechsel Rad-Lau | 0.05     | 0:34     | 0.00       | 18      | 0:11    | 18        | 0:11      | 20.75     | 58:49     | 20.40       | 16      | 5:11    | 16        | 5:11      |
| Rad □□□         | 20.05    | 41:36    | 28.85      | 28      | 9:34    | 28        | 9:34      | 20.75     | 58:49     | 20.40       | 16      | 5:11    | 16        | 5:11      |
| Lauf            | 5.00     | 28:04    | 10.69      | 39      | 9:37    | 39        | 9:37      | 25.75     | 1:26:53   | 17.26       | 37      | 26:36   | 37        | 26:36     |