



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

0000

## Judoverein Heppenheim

000: 1:27:14

00: Judoverein Heppenheim

00: 341

00: 25.75 km

Triathlonstaffel

00000/000: 38 (of 42)

00000/000: 38 (of 42)

000000: 1:00:17

0000:

Triathlon-Staffel

00000: 38(of 42)

0000000: 1:00:17

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	000	000	km	00	km/h	-	-	000	000
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	1:51	0.00	32	0:49	32	0:49	0.70	17:08	0.00	17	2:33	17	2:33
Schwimmen 000	0.70	17:08	0.00	17	2:33	17	2:33	0.70	17:08	0.00	17	2:33	17	2:33
Rad	20.00	42:04	28.53	34	10:41	34	10:41	20.70	59:12	20.27	17	6:11	17	6:11
Wechsel Rad-Lau	0.05	0:32	0.00	12	0:09	12	0:09	20.75	59:44	20.09	17	6:06	17	6:06
Rad 000	20.05	42:36	28.17	34	10:34	34	10:34	20.75	59:44	20.09	17	6:06	17	6:06
Lauf	5.00	27:30	10.91	37	9:03	37	9:03	25.75	1:27:14	17.20	38	26:57	38	26:57