



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

0000

## Jungbuschs

000: 1:16:09

00: Jungbuschs

00: 350

00: 25.50 km

Triathlonstaffel

00000/000: 10 (of 24)

00000/000: 10 (of 24)

000000: 58:20

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Triathlon-Staffel

00000: 10(of 24)

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.50	10:12	20:23	6	2:52	6	2:52	0.50	10:12	20:23	6	2:52	6	2:52
Wechsel S -> R	-	1:13	-	2	0:03	2	0:03	0.50	11:25	22:49	5	2:42	5	2:42
Schwimmen 000	0.50	11:25	22:49	5	2:42	5	2:42	0.50	11:25	22:49	5	2:42	5	2:42
Rad netto	20.00	38:20	1:55	10	7:50	10	7:50	20.50	49:45	2:25	9	10:32	9	10:32
Wechsel R -> L	-	0:31	-	6	0:07	6	0:07	20.50	50:16	2:27	9	10:34	9	10:34
Rad 000	20.00	38:51	1:56	10	7:52	10	7:52	20.50	50:16	2:27	9	10:34	9	10:34
Lauf	5.00	25:53	5:10	10	8:00	10	8:00	25.50	1:16:09	2:59	10	17:49	10	17:49