



# 6. Lorsch Triathlon

Lorsch / 02.08.2009

0000

Hilbert, Werner

000: 1:18:32

00: LT Karlstern

00: 128

00: 25.50 km

Lorsch Triathlon 0,5-20-5

00000/000: 156 (of 322)

00000/0: 137 (of 240)

000000: 57:33

0000:

Senioren 4 (TM 55-59)

00000: 10(of 19)

0000000: 1:02:26

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| 000       | 00    | 00      | 00   | 00 | 00    | 00  | 00    | 000   | 000     | 000   | 00 | 00    | 00  | 00    |
|-----------|-------|---------|------|----|-------|-----|-------|-------|---------|-------|----|-------|-----|-------|
|           | km    | 00      | km/h | -  | -     | 0   | 0     | km    | 00      | km/h  | -  | -     | 0   | 0     |
| Schwimmen | 0.50  | fehlt!  | -    | -  | -     | -   | -     | 0.50  | -       | -     | -  | -     | -   | -     |
| Rad       | 20.00 | fehlt!  | -    | -  | -     | -   | -     | 20.50 | -       | -     | -  | -     | -   | -     |
| Lauf      | 5.00  | 1:18:32 | 3.82 | 16 | 57:08 | 225 | 59:09 | 25.50 | 1:18:32 | 19.48 | 10 | 16:06 | 137 | 20:59 |