



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

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Schreck, Thomas

□□□: 1:14:45

□□: wg-runners

□□: 171

□□: 25.50 km

Lorsch Triathlon 0,5-20-5

□□□□□/□□□: 112 (of 294)

□□□□□/□: 103 (of 220)

□□□□□□: 58:13

□□□□:

Senioren 4 (TM 55-59)

□□□□□: 5(of 15)

□□□□□□□: 1:01:57

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| □□□           | □□    | □□      | □□    | □□ | □□   | □□  | □□    | □□□   | □□□     | □□□   | □□ | □□    | □□  | □□    |
|---------------|-------|---------|-------|----|------|-----|-------|-------|---------|-------|----|-------|-----|-------|
|               | km    | □□      | km/h  | -  | -    | □   | □     | km    | □□      | km/h  | -  | -     | □   | □     |
| Schwimmen     | 0.50  | 11:35   | 0.00  | 7  | 3:25 | 129 | 4:24  | 0.50  | 11:35   | 0.00  | 16 | 2:07  | 220 | 3:10  |
| Schwimmen □□□ | 0.50  | 11:35   |       |    |      |     |       |       |         |       |    |       |     |       |
| Rad           | 20.00 | 41:27   | 28.95 | 4  | 6:48 | 113 | 8:16  | 20.50 | 53:02   | 22.63 | 3  | 3:44  | 26  | 9:55  |
| Rad □□□       | 20.00 | 41:27   |       |    |      |     |       |       |         |       |    |       |     |       |
| Lauf          | 5.00  | 21:43   | 13.81 | 4  | 2:35 | 87  | 11:34 | 25.50 | 1:14:45 | 20.07 | 5  | 12:48 | 111 | 16:32 |
| Lauf □□□      | 25.00 | 1:14:45 |       |    |      |     |       |       |         |       |    |       |     |       |