



8. Lorsch Triathlon

Lorsch / 28.08.2011

□□□□

Schäfer, Andreas

□□□: 1:06:05

□□: Darmstadt

□□: 245

□□: 25.50 km

Lorsch Triathlon 0,5-20-5

□□□□□/□□□: 30 (of 294)

□□□□□/□: 29 (of 220)

□□□□□□: 58:13

□□□□:

Senioren 3 (TM 50-54)

□□□□□: 1(of 25)

□□□□□□□: 1:06:05

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|---------------|-------|---------|-------|----|------|----|------|-------|---------|-------|----|------|-----|------|
| | km | □□ | km/h | - | - | □ | □ | km | □□ | km/h | - | - | □ | □ |
| Schwimmen | 0.50 | 9:25 | 0.00 | 3 | 1:32 | 42 | 2:14 | 0.50 | 9:25 | 0.00 | 26 | | 220 | 1:00 |
| Schwimmen □□□ | 0.50 | 9:25 | | | | | | | | | | | | |
| Rad | 20.00 | 37:10 | 32.29 | 1 | - | 31 | 3:59 | 20.50 | 46:35 | 25.76 | 26 | | 219 | 3:28 |
| Rad □□□ | 20.00 | 37:10 | | | | | | | | | | | | |
| Lauf | 5.00 | 19:30 | 15.38 | 5 | 8:06 | 42 | 9:21 | 25.50 | 1:06:05 | 22.70 | 2 | 0:30 | 33 | 7:52 |
| Lauf □□□ | 25.00 | 1:06:05 | | | | | | | | | | | | |