



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

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Spangenberg, Dirk

□□□: 1:08:00

□□: Weinheim

□□: 249

□□: 25.50 km

Lorsch Triathlon 0,5-20-5

□□□□□/□□□: 43 (of 294)

□□□□□/□: 42 (of 220)

□□□□□□: 58:13

□□□□:

Senioren 2 (TM 45.49)

□□□□□: 5(of 31)

□□□□□□□: 1:00:58

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| □□□           | □□    | □□      | □□    | □□ | □□   | □□  | □□   | □□□   | □□□     | □□□   | □□ | □□   | □□  | □□   |
|---------------|-------|---------|-------|----|------|-----|------|-------|---------|-------|----|------|-----|------|
|               | km    | □□      | km/h  | -  | -    | □   | □    | km    | □□      | km/h  | -  | -    | □   | □    |
| Schwimmen     | 0.50  | 11:52   | 0.00  | 18 | 3:53 | 138 | 4:41 | 0.50  | 11:52   | 0.00  | 32 |      | 220 | 3:27 |
| Schwimmen □□□ | 0.50  | 11:52   |       |    |      |     |      |       |         |       |    |      |     |      |
| Rad           | 20.00 | 37:22   | 32.11 | 4  | 2:40 | 34  | 4:11 | 20.50 | 49:14   | 24.37 | 32 |      | 219 | 6:07 |
| Rad □□□       | 20.00 | 37:22   |       |    |      |     |      |       |         |       |    |      |     |      |
| Lauf          | 5.00  | 18:46   | 15.99 | 4  | 8:23 | 30  | 8:37 | 25.50 | 1:08:00 | 22.06 | 7  | 7:02 | 47  | 9:47 |
| Lauf □□□      | 25.00 | 1:08:00 |       |    |      |     |      |       |         |       |    |      |     |      |