



8. Lorsch Triathlon

Lorsch / 28.08.2011

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Kashani, Nawid

□□□: 1:05:01

□□: LSV Ladenburg

□□: 371

□□: 25.50 km

Lorsch Triathlon 0,5-20-5

□□□□□/□□□: 24 (of 294)

□□□□□/□: 23 (of 220)

□□□□□□: 58:13

□□□□:

männl. AK 4 (TM 35-39)

□□□□□: 5(of 35)

□□□□□□□: 59:10

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|---------------|-------|---------|-------|----|------|----|------|-------|---------|-------|----|------|-----|------|
| | km | □□ | km/h | - | - | □ | □ | km | □□ | km/h | - | - | □ | □ |
| Schwimmen | 0.50 | 9:40 | 0.00 | 12 | 2:29 | 52 | 2:29 | 0.50 | 9:40 | 0.00 | 36 | | 220 | 1:15 |
| Schwimmen □□□ | 0.50 | 9:40 | | | | | | | | | | | | |
| Rad | 20.00 | 36:43 | 32.68 | 7 | 3:32 | 26 | 3:32 | 20.50 | 46:23 | 25.87 | 36 | | 219 | 3:16 |
| Rad □□□ | 20.00 | 36:43 | | | | | | | | | | | | |
| Lauf | 5.00 | 18:38 | 16.10 | 4 | 1:05 | 27 | 8:29 | 25.50 | 1:05:01 | 23.07 | 5 | 5:51 | 26 | 6:48 |
| Lauf □□□ | 25.00 | 1:05:01 | | | | | | | | | | | | |