



8. Lorsch Triathlon

Lorsch / 28.08.2011

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Pareik, Claudia

□□□: 1:12:55

□□: LSV07 Ludwigshafen

□□: 368

□□: 25.50 km

Lorsch Triathlon 0,5-20-5

□□□□□/□□□: 80 (of 294)

□□□□□/□: 4 (of 74)

□□□□□□: 1:03:24

□□□□:

Seniorinnen 2 TW 45-49)

□□□□□: 1(of 10)

□□□□□□□: 1:12:55

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|---------------|-------|---------|-------|----|------|----|------|-------|---------|-------|----|------|----|------|
| | km | □□ | km/h | - | - | □ | □ | km | □□ | km/h | - | - | □ | □ |
| Schwimmen | 0.50 | 11:15 | 2.67 | 3 | 2:57 | 23 | 4:12 | 0.50 | 11:15 | 2.67 | 11 | 2:57 | 75 | 2:45 |
| Schwimmen □□□ | 0.50 | 11:15 | | | | | | | | | | | | |
| Rad | 20.00 | 38:49 | 30.91 | 1 | - | 3 | 2:54 | 20.50 | 50:04 | 24.57 | 11 | | 75 | 5:39 |
| Rad □□□ | 20.00 | 38:49 | | | | | | | | | | | | |
| Lauf | 5.00 | 22:51 | 13.13 | 1 | - | 13 | 3:59 | 25.50 | 1:12:55 | 20.98 | 1 | - | 4 | 9:31 |
| Lauf □□□ | 25.00 | 1:12:55 | | | | | | | | | | | | |