



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

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Helmstädter, Maria

□□□: 1:23:21

□□: LSV07 Ludwigshafen

□□: 369

□□: 25.50 km

□□□□□/□□□: 205 (of 294)

Lorsch Triathlon 0,5-20-5

□□□□□/□: 36 (of 74)

□□□□□□: 1:03:24

□□□□:

□□□□□: 4(of 9)

Seniorinnen 3 (TW 50-54)

□□□□□□□: 1:12:53

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□□□□

□□□

| □□□           | □□    | □□      | □□    | □□ | □□    | □□ | □□    | □□□   | □□□     | □□□   | □□ | □□    | □□ | □□    |
|---------------|-------|---------|-------|----|-------|----|-------|-------|---------|-------|----|-------|----|-------|
|               | km    | □□      | km/h  | -  | -     | □  | □     | km    | □□      | km/h  | -  | -     | □  | □     |
| Schwimmen     | 0.50  | 11:22   | 0.00  | 4  | 1:58  | 26 | 4:19  | 0.50  | 11:22   | 0.00  | 10 | 0:14  | 75 | 2:52  |
| Schwimmen □□□ | 0.50  | 11:22   |       |    |       |    |       |       |         |       |    |       |    |       |
| Rad           | 20.00 | 49:18   | 24.34 | 6  | 10:31 | 57 | 13:23 | 20.50 | 1:00:40 | 19.78 | 10 | 3:54  | 75 | 16:15 |
| Rad □□□       | 20.00 | 49:18   |       |    |       |    |       |       |         |       |    |       |    |       |
| Lauf          | 5.00  | 22:41   | 13.23 | 2  | 0:44  | 11 | 3:49  | 25.50 | 1:23:21 | 18.00 | 4  | 10:28 | 36 | 19:57 |
| Lauf □□□      | 25.00 | 1:23:21 |       |    |       |    |       |       |         |       |    |       |    |       |