



8. Lorsch Triathlon

Lorsch / 28.08.2011

□□□□

Velez, Jose

□□□: 1:27:31

□□: Horbach

□□: 370

□□: 25.50 km

Lorsch Triathlon 0,5-20-5

□□□□□/□□□: 234 (of 294)

□□□□□/□: 185 (of 220)

□□□□□□: 58:13

□□□□:

Senioren 2 (TM 45.49)

□□□□□: 24(of 31)

□□□□□□□: 1:00:58

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|---------------|-------|---------|-------|----|-------|-----|-------|-------|---------|-------|----|-------|-----|-------|
| | km | □□ | km/h | - | - | □ | □ | km | □□ | km/h | - | - | □ | □ |
| Schwimmen | 0.50 | 14:29 | 0.00 | 28 | 6:30 | 204 | 7:18 | 0.50 | 14:29 | 0.00 | 32 | 0:52 | 220 | 6:04 |
| Schwimmen □□□ | 0.50 | 14:29 | | | | | | | | | | | | |
| Rad | 20.00 | 44:35 | 26.92 | 24 | 9:53 | 164 | 11:24 | 20.50 | 59:04 | 20.32 | 32 | | 219 | 15:57 |
| Rad □□□ | 20.00 | 44:35 | | | | | | | | | | | | |
| Lauf | 5.00 | 28:27 | 10.54 | 27 | 18:04 | 200 | 18:18 | 25.50 | 1:27:31 | 17.14 | 26 | 26:33 | 194 | 29:18 |
| Lauf □□□ | 25.00 | 1:27:31 | | | | | | | | | | | | |