



8. Lorsch Triathlon

Lorsch / 28.08.2011

0000

Adrian, Thomas

000: 1:08:42

00: ATB Heuchelheim

00: 110

00: 25.50 km

Lorsch Triathlon 0,5-20-5

00000/000: 49 (of 294)

00000/0: 48 (of 220)

000000: 58:13

0000:

Senioren 2 (TM 45.49)

00000: 6(of 31)

0000000: 1:00:58

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen	0.50	10:43	0.00	11	2:44	91	3:32	0.50	10:43	0.00	25		220	2:18
Schwimmen 000	0.50	10:43												
Rad	20.00	38:42	31.01	7	4:00	57	5:31	20.50	49:25	24.28	25		219	6:18
Rad 000	20.00	38:42												
Lauf	5.00	19:17	15.56	5	8:54	39	9:08	25.50	1:08:42	21.83	8	7:44	53	10:29
Lauf 000	25.00	1:08:42												