



8. Lorsch Triathlon

Lorsch / 28.08.2011

□□□□

Hofer, Bernadette

□□□: 1:29:31

□□: Bensheim

□□: 56

□□: 25.50 km

Lorsch Triathlon 0,5-20-5

□□□□□/□□□: 244 (of 294)

□□□□□/□: 57 (of 74)

□□□□□□: 1:03:24

□□□□:

Seniorinnen 3 (TW 50-54)

□□□□□: 6(of 9)

□□□□□□□: 1:12:53

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|---------------|-------|---------|-------|----|-------|----|-------|-------|---------|-------|----|-------|----|-------|
| | km | □□ | km/h | - | - | □ | □ | km | □□ | km/h | - | - | □ | □ |
| Schwimmen | 0.50 | 14:31 | 0.00 | 9 | 5:07 | 73 | 7:28 | 0.50 | 14:31 | 0.00 | 10 | 3:23 | 75 | 6:01 |
| Schwimmen □□□ | 0.50 | 14:31 | | | | | | | | | | | | |
| Rad | 20.00 | 49:19 | 24.33 | 7 | 10:32 | 58 | 13:24 | 20.50 | 1:03:50 | 18.80 | 10 | 7:04 | 75 | 19:25 |
| Rad □□□ | 20.00 | 49:19 | | | | | | | | | | | | |
| Lauf | 5.00 | 25:41 | 11.68 | 5 | 3:44 | 35 | 6:49 | 25.50 | 1:29:31 | 16.76 | 6 | 16:38 | 57 | 26:07 |
| Lauf □□□ | 25.00 | 1:29:31 | | | | | | | | | | | | |