



8. Lorsch Triathlon

Lorsch / 28.08.2011

□□□□

Bauer, Timo

□□□: 1:11:14

□□: Heppenheim

□□: 118

□□: 25.50 km

Lorsch Triathlon 0,5-20-5

□□□□□/□□□: 64 (of 294)

□□□□□/□: 62 (of 220)

□□□□□□: 58:13

□□□□:

Senioren 1 (TM 40-44)

□□□□□: 11(of 45)

□□□□□□□: 1:00:11

□□□□

□□□□

□□□

| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|---------------|-------|---------|-------|----|------|-----|------|-------|---------|-------|----|-------|-----|-------|
| | km | □□ | km/h | - | - | □ | □ | km | □□ | km/h | - | - | □ | □ |
| Schwimmen | 0.50 | 11:31 | 0.00 | 26 | 3:57 | 123 | 4:20 | 0.50 | 11:31 | 0.00 | 46 | | 31 | 3:06 |
| Schwimmen □□□ | 0.50 | 11:31 | | | | | | | | | | | | |
| Rad | 20.00 | 39:40 | 30.25 | 14 | 6:21 | 71 | 6:29 | 20.50 | 51:11 | 23.45 | 46 | | 219 | 8:04 |
| Rad □□□ | 20.00 | 39:40 | | | | | | | | | | | | |
| Lauf | 5.00 | 20:03 | 14.96 | 11 | 9:54 | 52 | 9:54 | 25.50 | 1:11:14 | 21.06 | 12 | 11:03 | 69 | 13:01 |
| Lauf □□□ | 25.00 | 1:11:14 | | | | | | | | | | | | |