



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

□□□□

Völp, Bernd

□□□: 1:13:48

□□: Karben

□□: 100

□□: 25.50 km

Lorsch Triathlon 0,5-20-5

□□□□□/□□□: 95 (of 294)

□□□□□/□: 89 (of 220)

□□□□□□: 58:13

□□□□:

Senioren 2 (TM 45.49)

□□□□□: 11(of 31)

□□□□□□□: 1:00:58

□□□□

□□□□

□□□

| □□□           | □□    | □□      | □□    | □□ | □□    | □□  | □□    | □□□   | □□□     | □□□   | □□ | □□    | □□  | □□    |
|---------------|-------|---------|-------|----|-------|-----|-------|-------|---------|-------|----|-------|-----|-------|
|               | km    | □□      | km/h  | -  | -     | □   | □     | km    | □□      | km/h  | -  | -     | □   | □     |
| Schwimmen     | 0.50  | 10:53   | 0.00  | 14 | 2:54  | 99  | 3:42  | 0.50  | 10:53   | 0.00  | 22 |       | 220 | 2:28  |
| Schwimmen □□□ | 0.50  | 10:53   |       |    |       |     |       |       |         |       |    |       |     |       |
| Rad           | 20.00 | 40:58   | 29.29 | 13 | 6:16  | 101 | 7:47  | 20.50 | 51:51   | 23.14 | 22 |       | 219 | 8:44  |
| Rad □□□       | 20.00 | 40:58   |       |    |       |     |       |       |         |       |    |       |     |       |
| Lauf          | 5.00  | 21:57   | 13.67 | 13 | 11:34 | 95  | 11:48 | 25.50 | 1:13:48 | 20.33 | 13 | 12:50 | 96  | 15:35 |
| Lauf □□□      | 25.00 | 1:13:48 |       |    |       |     |       |       |         |       |    |       |     |       |