



9. Lorsch Triathlon

Lorsch / 12.08.2012

Siems, Dr. Nils

SC Oberursel

179

25.75 km

Lorsch Triathlon 0,5-20-5

männl. AK 4 (TM 35-39)

1:02:08

1 (of 307)

1 (of 251)

1:02:08

1(of 31)

1:02:08

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1:02:08

1:02:08

km	min	sec	min/km	-	-	min	sec	km	min	sec	min/km	-	-	min	sec
Schwimmen	0.50	7:43	15:26	1	-	2	0:28	0.50	7:43	15:26	32	-	-	251	
Schwimmen 0.50	0.50	7:43													
Wechsel Schw.-R	0.25	1:32	6:08	1	-	4	0:07	0.75	9:15	12:20	32	-	-	245	
Rad	20.00	33:01	1:39	3	1:11	12	2:44	20.75	42:16	2:02	32	-	-	250	
Rad 20.25	20.25	34:33													
Laufrunde 2,5 km	2.50	10:04	4:01	3	0:26	12	1:03	23.25	52:20	2:15	32	-	-	248	
Lauf	2.50	9:48	3:55	2	0:03	7	0:51	25.75	1:02:08	2:24	1	-	-	1	-
Lauf 25.25	25.25	1:02:08													