



9. Lorsch Triathlon

Lorsch / 12.08.2012

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Lenhart, Stefan

□□□: 1:12:20

□□: MTG Running

□□: 155

Enduro E Bike

□□□□□/□□□: 79 (of 307)

□□□□□/□: 75 (of 251)

□□□□□□: 1:02:08

□□□□:

□□□□□: 7(of 11)

männl. AK 3 (TM 30-34)

□□□□□□□: 1:04:01

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|------------------|-------|---------|--------|----|------|-----|------|-------|---------|--------|----|------|-----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.50 | 11:50 | 23:40 | 9 | 3:08 | 150 | 4:35 | 0.50 | 11:50 | 23:40 | 12 | 2:02 | 251 | 3:05 |
| Schwimmen □□□ | 0.50 | 11:50 | | | | | | | | | | | | |
| Wechsel Schw.-R | 0.25 | 2:16 | 9:03 | 7 | 0:41 | 65 | 0:51 | 0.75 | 14:06 | 18:48 | 12 | 2:22 | 245 | 3:26 |
| Rad | 20.00 | 37:12 | 1:51 | 8 | 4:58 | 96 | 6:55 | 20.75 | 51:18 | 2:28 | 12 | 7:20 | 250 | 8:14 |
| Rad □□□ | 20.25 | 39:28 | | | | | | | | | | | | |
| Laufrunde 2,5 kn | 2.50 | 10:40 | 4:15 | 2 | 0:18 | 42 | 1:39 | 23.25 | 1:01:58 | 2:39 | 12 | 7:07 | 248 | 8:38 |
| Lauf | 2.50 | 10:22 | 4:08 | 3 | 0:41 | 22 | 1:25 | - | 1:12:20 | - | 7 | 8:19 | 75 | 10:12 |
| Lauf □□□ | 0.00 | 1:12:20 | | | | | | | | | | | | |