



9. Lorsch Triathlon

Lorsch / 12.08.2012

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Schader, Björn

000: 1:12:08

00: Running Bulls Bensheim

00: 17

00: 25.75 km

Lorsch Triathlon 0,5-20-5

00000/000: 75 (of 307)

00000/0: 72 (of 251)

000000: 1:02:08

0000:

00000: 13(of 52)

Senioren 1 (TM 40-44)

0000000: 1:03:36

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	0.50	11:02	22:03	22	2:57	121	3:47	0.50	11:02	22:03	52		12	2:17
Schwimmen 000	0.50	11:02												
Wechsel Schw.-R	0.25	1:47	7:08	2	0:05	11	0:22	0.75	12:49	17:05	50		12	2:09
Rad	20.00	37:50	1:53	24	5:43	110	7:33	20.75	50:39	2:26	51	6:22	12	7:35
Rad 000	20.25	39:37												
Laufrunde 2,5 kn	2.50	10:38	4:15	9	0:38	38	1:37	23.25	1:01:17	2:38	51	6:28	12	7:57
Lauf	2.50	10:51	4:20	11	1:04	46	1:54	25.75	1:12:08	2:48	13	8:32	72	10:00
Lauf 000	25.25	1:12:08												