



9. Lorsch Triathlon

Lorsch / 12.08.2012

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Neidhöfer, Hubertus

000: 1:24:33

00: Lorsch

00: 183

00: 25.75 km

Lorsch Triathlon 0,5-20-5

00000/000: 219 (of 307)

00000/0: 184 (of 251)

000000: 1:02:08

0000:

Senioren 2 (TM 45.49)

00000: 35(of 57)

0000000: 1:03:04

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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	13:55	27:49	51	5:59	227	6:40	0.50	13:55	27:49	58	3:05	251	5:10
Schwimmen 000	0.50	13:55												
Wechsel Schw.-R	0.25	3:50	15:20	43	2:25	198	2:25	0.75	17:45	23:40	56	1:37	245	7:05
Rad	20.00	39:35	1:58	32	9:18	152	9:18	20.75	57:20	2:45	58		250	14:16
Rad 000	20.25	43:25												
Laufrunde 2,5 kn	2.50	14:02	5:36	39	4:24	195	5:01	23.25	1:11:22	3:04	56		248	18:02
Lauf	2.50	13:11	5:16	35	3:26	164	4:14	25.75	1:24:33	3:17	36	21:29	185	22:25
Lauf 000	25.25	1:24:33												