



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

0000

Tamkan, Cem Joachim

000: 1:46:21

00: Einhausen

00: 114

00: 25.75 km

Lorsch Triathlon 0,5-20-5

0000:

Senioren 2 (TM 45.49)

00000/000: 301 (of 307)

00000/0: 245 (of 251)

000000: 1:02:08

00000: 55(of 57)

0000000: 1:03:04

0000

0000

000

| 000              | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000   | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen        | 0.50     | 13:15    | 26:30        | 43      | 5:19    | 202     | 6:00    | 0.50  | 13:15     | 26:30         | 58      | 2:25    | 251     | 4:30    |
| Schwimmen 000    | 0.50     | 13:15    |              |         |         |         |         |       |           |               |         |         |         |         |
| Wechsel Schw.-R  | 0.25     | 3:51     | 15:24        | 45      | 2:26    | 201     | 2:26    | 0.75  | 17:06     | 22:48         | 56      | 0:58    | 245     | 6:26    |
| Rad              | 20.00    | 51:55    | 2:35         | 57      | 21:38   | 249     | 21:38   | 20.75 | 1:09:01   | 3:19          | 58      | 6:17    | 250     | 25:57   |
| Rad 000          | 20.25    | 55:46    |              |         |         |         |         |       |           |               |         |         |         |         |
| Laufrunde 2,5 kn | 2.50     | 17:46    | 7:06         | 52      | 8:08    | 242     | 8:45    | 23.25 | 1:26:47   | 3:43          | 56      | 9:17    | 248     | 33:27   |
| Lauf             | 2.50     | 19:34    | 7:49         | 55      | 9:49    | 244     | 10:37   | 25.75 | 1:46:21   | 4:07          | 56      | 43:17   | 246     | 44:13   |
| Lauf 000         | 25.25    | 1:46:21  |              |         |         |         |         |       |           |               |         |         |         |         |