



## 9. Lorsch Triathlon

Lorsch / 12.08.2012

□□□□

Hörr, Andreas

□□□: 1:08:01

□□: Seeheim-Jugenheim

□□: 193

□□: 25.75 km

Lorsch Triathlon 0,5-20-5

□□□□□/□□□: 31 (of 307)

□□□□□/□: 30 (of 251)

□□□□□□: 1:02:08

□□□□:

□□□□□: 5(of 21)

Senioren 3 (TM 50-54)

□□□□□□□: 1:03:51

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□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen        | 0.50     | 9:19     | 18:37        | 5       | 1:30    | 27      | 2:04    | 0.50  | 9:19      | 18:37         | 22      |         | 251     | 0:34    |
| Schwimmen □□□    | 0.50     | 9:19     |              |         |         |         |         |       |           |               |         |         |         |         |
| Wechsel Schw.-R  | 0.25     | 1:43     | 6:51         | 2       | 0:14    | 9       | 0:18    | 0.75  | 11:02     | 14:42         | 22      |         | 245     | 0:22    |
| Rad              | 20.00    | 36:16    | 1:48         | 9       | 3:36    | 66      | 5:59    | 20.75 | 47:18     | 2:16          | 22      |         | 250     | 4:14    |
| Rad □□□          | 20.25    | 37:59    |              |         |         |         |         |       |           |               |         |         |         |         |
| Laufrunde 2,5 km | 2.50     | 10:17    | 4:06         | 4       | 0:16    | 22      | 1:16    | 23.25 | 57:35     | 2:28          | 22      |         | 248     | 4:15    |
| Lauf             | 2.50     | 10:26    | 4:10         | 5       | 0:25    | 27      | 1:29    | 25.75 | 1:08:01   | 2:38          | 5       | 4:10    | 30      | 5:53    |
| Lauf □□□         | 25.25    | 1:08:01  |              |         |         |         |         |       |           |               |         |         |         |         |