



9. Lorsch Triathlon

Lorsch / 12.08.2012

0000

Hellwig, Thomas

000: 1:11:58

00: Worms

00: 240

00: 25.75 km

Lorsch Triathlon 0,5-20-5

00000/000: 71 (of 307)

00000/0: 68 (of 251)

000000: 1:02:08

0000:

Senioren 2 (TM 45.49)

00000: 14(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 | 9:11 | 18:22 | 4 | 1:15 | 24 | 1:56 | 0.50 | 9:11 | 18:22 | 58 | | 251 | 0:26 |
| Schwimmen 000 | 0.50 | 9:11 | | | | | | | | | | | | |
| Wechsel Schw.-R | 0.25 | 2:19 | 9:16 | 17 | 0:54 | 71 | 0:54 | 0.75 | 11:30 | 15:20 | 56 | | 245 | 0:50 |
| Rad | 20.00 | 36:22 | 1:49 | 16 | 6:05 | 70 | 6:05 | 20.75 | 47:52 | 2:18 | 58 | | 5 | 4:48 |
| Rad 000 | 20.25 | 38:41 | | | | | | | | | | | | |
| Laufrunde 2,5 kn | 2.50 | 11:55 | 4:46 | 23 | 2:17 | 111 | 2:54 | 23.25 | 59:47 | 2:34 | 56 | | 248 | 6:27 |
| Lauf | 2.50 | 12:11 | 4:52 | 28 | 2:26 | 132 | 3:14 | 25.75 | 1:11:58 | 2:47 | 14 | 8:54 | 68 | 9:50 |
| Lauf 000 | 25.25 | 1:11:58 | | | | | | | | | | | | |