



9. Lorsch Triathlon

Lorsch / 12.08.2012

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Gollwitzer, Matthias

□□□: 1:11:53

□□: Tri City Darmstadt

□□: 201

Enduro E Bike

□□□□□/□□□: 70 (of 307)

□□□□□/□: 67 (of 251)

□□□□□□: 1:02:08

□□□□:

□□□□□: 13(of 57)

Senioren 2 (TM 45.49)

□□□□□□□: 1:03:04

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|------------------|-------|---------|--------|----|------|-----|------|-------|---------|--------|----|------|-----|------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Schwimmen | 0.50 | 10:04 | 20:07 | 10 | 2:08 | 68 | 2:49 | 0.50 | 10:04 | 20:07 | 58 | | 251 | 1:19 |
| Schwimmen □□□ | 0.50 | 10:04 | | | | | | | | | | | | |
| Wechsel Schw.-R | 0.25 | 1:47 | 7:08 | 4 | 0:22 | 11 | 0:22 | 0.75 | 11:51 | 15:47 | 56 | | 245 | 1:11 |
| Rad | 20.00 | 35:24 | 1:46 | 11 | 5:07 | 42 | 5:07 | 20.75 | 47:15 | 2:16 | 58 | | 250 | 4:11 |
| Rad □□□ | 20.25 | 37:11 | | | | | | | | | | | | |
| Laufrunde 2,5 kn | 2.50 | 12:17 | 4:54 | 27 | 2:39 | 134 | 3:16 | 23.25 | 59:32 | 2:33 | 56 | | 248 | 6:12 |
| Lauf | 2.50 | 12:21 | 4:56 | 30 | 2:36 | 140 | 3:24 | - | 1:11:53 | - | 13 | 8:49 | 67 | 9:45 |
| Lauf □□□ | 0.00 | 1:11:53 | | | | | | | | | | | | |