



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

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**Wodny, Mathias**

□□□: 1:15:07

□□: TSG Maxdorf

□□: 236

□□: 25.75 km

Lorsch Triathlon 0,5-20-5

□□□□□/□□□: 114 (of 307)

□□□□□/□: 103 (of 251)

□□□□□□: 1:02:08

□□□□:

Senioren 2 (TM 45.49)

□□□□□: 22(of 57)

□□□□□□□: 1:03:04

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen        | 0.50     | 12:03    | 24:06        | 35      | 4:07    | 157     | 4:48    | 0.50  | 12:03     | 24:06     | 58            | 1:13    | 251     | 3:18    |         |
| Schwimmen □□□    | 0.50     | 12:03    |              |         |         |         |         |       |           |           |               |         |         |         |         |
| Wechsel Schw.-R  | 0.25     | 2:14     | 8:56         | 16      | 0:49    | 61      | 0:49    | 0.75  | 14:17     | 19:02     | 56            |         | 245     | 3:37    |         |
| Rad              | 20.00    | 36:07    | 1:48         | 15      | 5:50    | 60      | 5:50    | 20.75 | 50:24     | 2:25      | 58            |         | 250     | 7:20    |         |
| Rad □□□          | 20.25    | 38:21    |              |         |         |         |         |       |           |           |               |         |         |         |         |
| Laufrunde 2,5 kn | 2.50     | 12:06    | 4:50         | 26      | 2:28    | 122     | 3:05    | 23.25 | 1:02:30   | 2:41      | 56            |         | 248     | 9:10    |         |
| Lauf             | 2.50     | 12:37    | 5:02         | 34      | 2:52    | 154     | 3:40    | 25.75 | 1:15:07   | 2:55      | 23            | 12:03   | 104     | 12:59   |         |
| Lauf □□□         | 25.25    | 1:15:07  |              |         |         |         |         |       |           |           |               |         |         |         |         |