



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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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|------------------|-------|---------|--------|----|------|-----|------|-------|---------|--------|----|-------|-----|-------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| 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 | | | | | | | | | | | | |