



9. Lorsche Triathlon

Lorsch / 12.08.2012

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Schuster, Tobias

000: 1:16:31

00: Heppenheimer Skiclub

00: 215

Enduro E Bike

00000/000: 134 (of 307)

00000/0: 121 (of 251)

000000: 1:02:08

0000:

00000: 24(of 52)

Senioren 1 (TM 40-44)

0000000: 1:03:36

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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	14:18	28:36	47	6:13	231	7:03	0.50	14:18	28:36	12	0:37	251	5:33
Schwimmen 000	0.50	14:18												
Wechsel Schw.-R	0.25	3:05	12:20	31	1:23	148	1:40	0.75	17:23	23:10	10	0:06	245	6:43
Rad	20.00	39:21	1:58	33	7:14	147	9:04	20.75	56:44	2:44	51	12:27	250	13:40
Rad 000	20.25	42:26												
Laufrunde 2,5 kn	2.50	10:00	4:00	1	-	9	0:59	23.25	1:06:44	2:52	51	11:55	248	13:24
Lauf	2.50	9:47	3:54	1	-	6	0:50	-	1:16:31	-	24	12:55	122	14:23
Lauf 000	0.00	1:16:31												