



9. Lorsch Triathlon

Lorsch / 12.08.2012

0000

Faust, Christian

000: 1:05:33

00: SC Heppenheim

00: 246

00: 25.75 km

Lorsch Triathlon 0,5-20-5

00000/000: 16 (of 307)

00000/0: 15 (of 251)

000000: 1:02:08

0000:

00000: 2(of 52)

Senioren 1 (TM 40-44)

0000000: 1:03:36

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen	0.50	8:05	16:10	1	-	6	0:50	0.50	8:05	16:10	52			251	
Schwimmen 000	0.50	8:05													
Wechsel Schw.-R	0.25	1:42	6:47	1	-	8	0:17	0.75	9:47	13:02	50			245	
Rad	20.00	34:30	1:43	4	2:23	25	4:13	20.75	44:17	2:08	1	-		250	1:13
Rad 000	20.25	36:12													
Laufrunde 2,5 km	2.50	10:32	4:12	7	0:32	33	1:31	23.25	54:49	2:21	1	-		248	1:29
Lauf	2.50	10:44	4:17	9	0:57	42	1:47	25.75	1:05:33	2:32	2	1:57		15	3:25
Lauf 000	25.25	1:05:33													