



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

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Guagliano, Salvatore

□□□: 1:06:20

□□: LAZ TRIATHLON MOSBACH

□□: 319

□□: 25.75 km

□□□□□/□□□: 21 (of 307)

Lorsch Triathlon 0,5-20-5

□□□□□/□: 19 (of 251)

□□□□□□: 1:02:08

□□□□:

□□□□□: 3(of 31)

männl. AK 4 (TM 35-39)

□□□□□□□: 1:02:08

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen        | 0.50     | 11:04    | 22:07        | 14      | 3:21    | 122     | 3:49    | 0.50  | 11:04     | 22:07         | 32      |         | 251     | 2:19    |
| Schwimmen □□□    | 0.50     | 11:04    |              |         |         |         |         |       |           |               |         |         |         |         |
| Wechsel Schw.-R  | 0.25     | 1:50     | 7:19         | 2       | 0:18    | 15      | 0:25    | 0.75  | 12:54     | 17:11         | 32      |         | 245     | 2:14    |
| Rad              | 20.00    | 32:17    | 1:36         | 2       | 0:27    | 5       | 2:00    | 20.75 | 45:11     | 2:10          | 32      |         | 250     | 2:07    |
| Rad □□□          | 20.25    | 34:07    |              |         |         |         |         |       |           |               |         |         |         |         |
| Laufrunde 2,5 kn | 2.50     | 10:36    | 4:14         | 6       | 0:58    | 37      | 1:35    | 23.25 | 55:47     | 2:23          | 32      |         | 248     | 2:27    |
| Lauf             | 2.50     | 10:33    | 4:13         | 6       | 0:48    | 31      | 1:36    | 25.75 | 1:06:20   | 2:34          | 3       | 4:12    | 19      | 4:12    |
| Lauf □□□         | 25.25    | 1:06:20  |              |         |         |         |         |       |           |               |         |         |         |         |