



# 9. Lorsche Triathlon

Lorsch / 12.08.2012

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Heydasch, Marcus

000: 1:11:37

00: Worms

00: 297

Enduro E Bike

00000/000: 66 (of 307)

00000/0: 63 (of 251)

000000: 1:02:08

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00000: 8(of 31)

männl. AK 4 (TM 35-39)

0000000: 1:02:08

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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	9:38	19:15	7	1:55	35	2:23	0.50	9:38	19:15	32		251	0:53
Schwimmen 000	0.50	9:38												
Wechsel Schw.-R	0.25	2:19	9:16	11	0:47	71	0:54	0.75	11:57	15:55	32		245	1:17
Rad	20.00	36:34	1:49	11	4:44	76	6:17	20.75	48:31	2:20	32		250	5:27
Rad 000	20.25	38:53												
Laufrunde 2,5 kn	2.50	11:19	4:31	14	1:41	79	2:18	23.25	59:50	2:34	32		248	6:30
Lauf	2.50	11:47	4:42	17	2:02	107	2:50	-	1:11:37	-	8	9:29	63	9:29
Lauf 000	0.00	1:11:37												