



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

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Hohl, Klaus

□□□: 1:19:29

□□: Schwaigern

□□: 316

□□: 25.75 km

□□□□□/□□□: 170 (of 307)

Lorsch Triathlon 0,5-20-5

□□□□□/□: 149 (of 251)

□□□□□□: 1:02:08

□□□□:

□□□□□: 11(of 21)

Senioren 3 (TM 50-54)

□□□□□□□: 1:03:51

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□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen        | 0.50     | 11:37    | 23:14        | 12      | 3:48    | 146     | 4:22    | 0.50  | 11:37     | 23:14     | 22            | 0:39    | 251     | 2:52    |         |
| Schwimmen □□□    | 0.50     | 11:37    |              |         |         |         |         |       |           |           |               |         |         |         |         |
| Wechsel Schw.-R  | 0.25     | 2:29     | 9:56         | 9       | 1:00    | 92      | 1:04    | 0.75  | 14:06     | 18:48     | 22            | 0:27    | 245     | 3:26    |         |
| Rad              | 20.00    | 37:34    | 1:52         | 10      | 4:54    | 101     | 7:17    | 20.75 | 51:40     | 2:29      | 22            |         | 250     | 8:36    |         |
| Rad □□□          | 20.25    | 40:03    |              |         |         |         |         |       |           |           |               |         |         |         |         |
| Laufrunde 2,5 km | 2.50     | 13:48    | 5:31         | 12      | 3:47    | 189     | 4:47    | 23.25 | 1:05:28   | 2:48      | 22            | 3:15    | 248     | 12:08   |         |
| Lauf             | 2.50     | 14:01    | 5:36         | 13      | 4:00    | 190     | 5:04    | 25.75 | 1:19:29   | 3:05      | 11            | 15:38   | 150     | 17:21   |         |
| Lauf □□□         | 25.25    | 1:19:29  |              |         |         |         |         |       |           |           |               |         |         |         |         |