



9. Lorsche Triathlon

Lorsch / 12.08.2012

0000

Börker, Manfred

000: 1:43:03

00: Büttelborn

00: 242

Enduro E Bike

0000:

Senioren 5 (TM 60-64)

00000/000: 296 (of 307)

00000/0: 241 (of 251)

000000: 1:02:08

00000: 10(of 11)

0000000: 1:11:12

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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	15:08	30:15	10	5:19	242	7:53	0.50	15:08	30:15	12	5:19	251	6:23
Schwimmen 000	0.50	15:08												
Wechsel Schw.-R	0.25	4:53	19:32	10	2:53	234	3:28	0.75	20:01	26:41	12	8:12	245	9:21
Rad	20.00	47:26	2:22	11	11:12	242	17:09	20.75	1:07:27	3:15	12	19:24	250	24:23
Rad 000	20.25	52:19												
Laufrunde 2,5 kn	2.50	17:10	6:52	10	5:37	241	8:09	23.25	1:24:37	3:38	12	25:01	248	31:17
Lauf	2.50	18:26	7:22	10	6:50	241	9:29	-	1:43:03	-	10	31:51	242	40:55
Lauf 000	0.00	1:43:03												