



# 9. Lorsche Triathlon

Lorsch / 12.08.2012

Team

**Team Glanzner, Gauger & Ruths**

Time: 1:04:37

Team: Team Glanzner, Gauger & Ruths

Number: 349

Distance: 25.75 km

Triathlonstaffel

Rank: 2 (of 21)

Rank: 2 (of 21)

Time: 1:03:04

Category: Triathlon-Staffel

Rank: 2 (of 21)

Time: 1:03:04

Summary

Summary

Summary

| Activity         | km    | Time    | min/km | -  | -     | Rank | Time  | km    | Time    | min/km | -  | -    | Rank | Time |
|------------------|-------|---------|--------|----|-------|------|-------|-------|---------|--------|----|------|------|------|
| Schwimmen        | 0.50  | 7:07    | 14:13  | 4  | 0:23  | 4    | 0:23  | 0.50  | 7:07    | 14:13  | 21 | -    | 21   |      |
| Schwimmen (Team) | 0.50  | 7:07    |        |    |       |      |       |       |         |        |    |      |      |      |
| Wechsel Schw.-R  | 0.25  | 1:30    | 6:00   | 2  | 0:15  | 2    | 0:15  | 0.75  | 8:37    | 11:29  | 21 | -    | 21   |      |
| Rad              | 20.00 | 37:53   | 1:53   | 11 | 37:12 | 11   | 37:12 | 20.75 | 46:30   | 2:14   | 21 | -    | 21   |      |
| Rad (Team)       | 20.25 | 39:23   |        |    |       |      |       |       |         |        |    |      |      |      |
| Laufrunde 2,5 km | 2.50  | 8:50    | 3:32   | 2  | 0:19  | 2    | 0:19  | 23.25 | 55:20   | 2:22   | 21 | -    | 21   |      |
| Lauf             | 2.50  | 9:17    | 3:42   | 2  | 0:30  | 2    | 0:30  | 25.75 | 1:04:37 | 2:30   | 2  | 1:33 | 2    | 1:33 |
| Lauf (Team)      | 25.25 | 1:04:37 |        |    |       |      |       |       |         |        |    |      |      |      |