



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

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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												