



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

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Prenzel, Lutz

000: 1:27:03

00: Sulzbach am Main

00: 310

00: 25.75 km

Lorsch Triathlon 0,5-20-5

00000/000: 237 (of 307)

00000/0: 199 (of 251)

000000: 1:02:08

0000:

Senioren 5 (TM 60-64)

00000: 8(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	13:34	27:07	9	3:45	217	6:19	0.50	13:34	27:07	12	3:45	251	4:49
Schwimmen 000	0.50	13:34												
Wechsel Schw.-R	0.25	4:03	16:11	8	2:03	214	2:38	0.75	17:37	23:29	12	5:48	245	6:57
Rad	20.00	43:21	2:10	9	7:07	215	13:04	20.75	1:00:58	2:56	12	12:55	250	17:54
Rad 000	20.25	47:24												
Laufrunde 2,5 kn	2.50	12:48	5:07	5	1:15	161	3:47	23.25	1:13:46	3:10	12	14:10	248	20:26
Lauf	2.50	13:17	5:18	5	1:41	166	4:20	25.75	1:27:03	3:22	8	15:51	200	24:55
Lauf 000	25.25	1:27:03												