



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

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## Team Kuhnt-Hellermann, Mitsch & Quarz: 1:15:28

□□: Team Kuhnt-Hellermann, Mitsch & Quarz

□□: 348

□□: 25.75 km

Triathlonstaffel

□□□□:

Triathlon-Staffel

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□□□□□□: 1:03:04

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|------------------|-------|---------|--------|----|-------|-----|-------|-------|---------|--------|----|-------|-----|-------|
|                  | km    | □□      | min/km | -  | -     | □□□ | □□□   | km    | □□      | min/km | -  | -     | □□□ | □□□   |
| Schwimmen        | 0.50  | 12:26   | 24:52  | 13 | 5:42  | 13  | 5:42  | 0.50  | 12:26   | 24:52  | 1  | -     | 1   | -     |
| Schwimmen □□□    | 0.50  | 12:26   |        |    |       |     |       |       |         |        |    |       |     |       |
| Wechsel Schw.-R  | 0.25  | 1:46    | 7:03   | 9  | 0:31  | 9   | 0:31  | 0.75  | 14:12   | 18:56  | 1  | -     | 1   | -     |
| Rad              | 20.00 | 36:17   | 1:48   | 9  | 35:36 | 9   | 35:36 | 20.75 | 50:29   | 2:25   | 1  | -     | 1   | -     |
| Rad □□□          | 20.25 | 38:03   |        |    |       |     |       |       |         |        |    |       |     |       |
| Laufrunde 2,5 km | 2.50  | 11:55   | 4:46   | 11 | 3:24  | 11  | 3:24  | 23.25 | 1:02:24 | 2:41   | 1  | -     | 1   | -     |
| Lauf             | 2.50  | 13:04   | 5:13   | 12 | 4:17  | 12  | 4:17  | 25.75 | 1:15:28 | 2:55   | 11 | 12:24 | 11  | 12:24 |
| Lauf □□□         | 25.25 | 1:15:28 |        |    |       |     |       |       |         |        |    |       |     |       |