



9. Lorsche Triathlon

Lorsch / 12.08.2012

Team

Team van Sebröck & Maruschke

Time: 1:20:07

Team: Team van Sebröck & Maruschke

Number: 342

Distance: 25.75 km

Triathlonstaffel

Participants: 14 (of 21)

Participants: 14 (of 21)

Time: 1:03:04

Staffel:

Triathlon-Staffel

Participants: 14(of 21)

Time: 1:03:04

Results

Rank

Time

Activity	km	Time	min/km	-	-	Rank	Time	km	Time	min/km	-	-	Rank	Time
Schwimmen	0.50	10:32	21:03	10	3:48	10	3:48	0.50	10:32	21:03	9		9	
Schwimmen (Staffel)	0.50	10:32												
Wechsel Schw.-R	0.25	1:47	7:08	10	0:32	10	0:32	0.75	12:19	16:25	9		9	
Rad	20.00	41:50	2:05	14	41:09	14	41:09	20.75	54:09	2:36	9	3:40	9	3:40
Rad (Staffel)	20.25	43:37												
Laufrunde 2,5 km	2.50	12:02	4:48	12	3:31	12	3:31	23.25	1:06:11	2:50	9	3:47	9	3:47
Lauf	2.50	13:56	5:34	15	5:09	15	5:09	25.75	1:20:07	3:06	14	17:03	14	17:03
Lauf (Staffel)	25.25	1:20:07												