



9. Lorsch Triathlon

Lorsch / 12.08.2012

0000

Agethen, Relindis

000: 1:12:15

00: MTG Mannheim Triathlon

00: 51

00: 25.75 km

Lorsch Triathlon 0,5-20-5

00000/000: 77 (of 307)

00000/0: 4 (of 56)

000000: 1:04:35

0000:

00000: 1(of 11)

weibl. AK 3 (TW 30-34)

0000000: 1:12:15

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen	0.50	9:10	18:19	2	1:11	7	2:14	0.50	9:10	18:19	1	-	-	35	
Schwimmen 000	0.50	9:10													
Wechsel Schw.-R	0.25	2:03	8:11	2	0:02	7	0:23	0.75	11:13	14:57	1	-	-	35	
Rad	20.00	37:31	1:52	1	-	7	3:43	20.75	48:44	2:20	1	-	-	35	
Rad 000	20.25	39:34													
Laufrunde 2,5 kn	2.50	11:37	4:38	2	0:31	7	1:27	23.25	1:00:21	2:35	1	-	-	35	
Lauf	2.50	11:54	4:45	2	0:15	11	1:43	25.75	1:12:15	2:48	1	-	-	4	7:40
Lauf 000	25.25	1:12:15													