



9. Lorsch Triathlon

Lorsch / 12.08.2012

0000

Helwig, Eva

000: 1:15:14

00: LG Ried

00: 57

00: 25.75 km

Lorsch Triathlon 0,5-20-5

00000/000: 115 (of 307)

00000/0: 11 (of 56)

000000: 1:04:35

0000:

weibl. AK 2 (TW 25-29)

00000: 1(of 5)

0000000: 1:15:14

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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	11:23	22:45	2	2:19	25	4:27	0.50	11:23	22:45	1	-	40	
Schwimmen 000	0.50	11:23												
Wechsel Schw.-R	0.25	2:09	8:35	1	-	13	0:29	0.75	13:32	18:02	1	-	40	
Rad	20.00	40:57	2:02	3	1:17	29	7:09	20.75	54:29	2:37	1	-	40	
Rad 000	20.25	43:06												
Laufrunde 2,5 kn	2.50	10:22	4:08	1	-	3	0:12	23.25	1:04:51	2:47	1	-	40	
Lauf	2.50	10:23	4:09	1	-	3	0:12	25.75	1:15:14	2:55	1	-	11	10:39
Lauf 000	25.25	1:15:14												