



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

0000

Marsch, Almut

000: 1:15:33

00: Bensheim

00: 85

00: 25.75 km

Lorsch Triathlon 0,5-20-5

00000/000: 119 (of 307)

00000/0: 13 (of 56)

000000: 1:04:35

0000:

Seniorinnen 2 TW 45-49)

00000: 3(of 10)

0000000: 1:13:09

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0000

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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  | 11:17   | 22:33  | 5  | 1:54 | 21 | 4:21 | 0.50  | 11:17   | 22:33  | 1  | -    | 39 |       |
| Schwimmen 000    | 0.50  | 11:17   |        |    |      |    |      |       |         |        |    |      |    |       |
| Wechsel Schw.-R  | 0.25  | 2:09    | 8:35   | 3  | 0:08 | 13 | 0:29 | 0.75  | 13:26   | 17:54  | 2  |      | 42 |       |
| Rad              | 20.00 | 37:16   | 1:51   | 2  | 0:12 | 5  | 3:28 | 20.75 | 50:42   | 2:26   | 2  |      | 42 |       |
| Rad 000          | 20.25 | 39:25   |        |    |      |    |      |       |         |        |    |      |    |       |
| Laufrunde 2,5 kn | 2.50  | 12:22   | 4:56   | 4  | 1:30 | 16 | 2:12 | 23.25 | 1:03:04 | 2:42   | 2  |      | 42 |       |
| Lauf             | 2.50  | 12:29   | 4:59   | 5  | 1:21 | 17 | 2:18 | 25.75 | 1:15:33 | 2:56   | 3  | 2:24 | 13 | 10:58 |
| Lauf 000         | 25.25 | 1:15:33 |        |    |      |    |      |       |         |        |    |      |    |       |