



9. Lorsch Triathlon

Lorsch / 12.08.2012

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Becker, Dr. Petra

□□□: 1:16:33

□□: LG MuLi

□□: 73

□□: 25.75 km

Lorsch Triathlon 0,5-20-5

□□□□□/□□□: 135 (of 307)

□□□□□/□: 14 (of 56)

□□□□□□: 1:04:35

□□□□:

weibl. AK 3 (TW 30-34)

□□□□□: 3(of 11)

□□□□□□□: 1:12:15

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen | 0.50 | 10:55 | 21:49 | 5 | 2:56 | 17 | 3:59 | 0.50 | 10:55 | 21:49 | 2 | 1:45 | 29 | | |
| Schwimmen □□□ | 0.50 | 10:55 | | | | | | | | | | | | | |
| Wechsel Schw.-R | 0.25 | 2:05 | 8:20 | 3 | 0:04 | 10 | 0:25 | 0.75 | 13:00 | 17:19 | 2 | 1:47 | 29 | | |
| Rad | 20.00 | 40:48 | 2:02 | 6 | 3:17 | 28 | 7:00 | 20.75 | 53:48 | 2:35 | 2 | 5:04 | 29 | | |
| Rad □□□ | 20.25 | 42:53 | | | | | | | | | | | | | |
| Laufrunde 2,5 kn | 2.50 | 11:06 | 4:26 | 1 | - | 5 | 0:56 | 23.25 | 1:04:54 | 2:47 | 2 | 4:33 | 29 | | |
| Lauf | 2.50 | 11:39 | 4:39 | 1 | - | 5 | 1:28 | 25.75 | 1:16:33 | 2:58 | 3 | 4:18 | 14 | 11:58 | |
| Lauf □□□ | 25.25 | 1:16:33 | | | | | | | | | | | | | |