



9. Lorsch Triathlon

Lorsch / 12.08.2012

Will, Christina

Will, Christina

TV Lampertheim Triathlon

83

25.75 km

Lorsch Triathlon 0,5-20-5

Seniorinnen 1 (TW 40-44)

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1:22:14

193 (of 307)

29 (of 56)

1:04:35

3(of 7)

1:13:46

Will, Christina

Will, Christina

Will, Christina

km	min/km	-	-	-	-	-	-	km	min/km	-	-	-	-
Schwimmen	0.50	9:26	18:52	2	0:10	11	2:30	0.50	9:26	18:52	2	0:10	54
Schwimmen	0.50	9:26											
Wechsel Schw.-R	0.25	3:11	12:43	6	0:56	46	1:31	0.75	12:37	16:49	2	1:06	54
Rad	20.00	40:34	2:01	3	1:57	26	6:46	20.75	53:11	2:33	2	3:03	54
Rad	20.25	43:45											
Lauf	2.50	14:29	5:47	3	2:54	43	4:19	23.25	1:07:40	2:54	2	5:57	54
Lauf	2.50	14:34	5:49	3	2:31	41	4:23	25.75	1:22:14	3:11	3	8:28	29 17:39
Lauf	25.25	1:22:14											