



9. Lorsche Triathlon

Lorsch / 12.08.2012

0000

Sparkasse Bensheim

000: 1:09:14

00: 344

00: 22.32 km/h

0000: 2:41 min/km

00: 25.75 km

Triathlonstaffel

00000: 7 (of 21)

000000: 1:03:04

0000:

Triathlon-Staffel

00000: 7(of 21)

0000000: 1:03:04

0000

0000

000

| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|-----------|-------|-------|--------|----|------|-----|------|-------|---------|--------|----|------|-----|------|
| | km | 00 | min/km | - | - | 000 | 000 | km | 00 | min/km | - | - | 000 | 000 |
| Schwimmen | 0.50 | 9:15 | 18:30 | 7 | 2:31 | 7 | 2:31 | 0.50 | 9:15 | 18:30 | 16 | | 16 | |
| Rad | 20.25 | 36:33 | 1:48 | 4 | 2:13 | 4 | 2:13 | 20.75 | 45:48 | 2:12 | 16 | | 16 | |
| Lauf | 5.00 | 23:26 | 4:41 | 8 | 6:08 | 8 | 6:08 | 25.75 | 1:09:14 | 2:41 | 7 | 6:10 | 7 | 6:10 |