



11.Power-Triathlon Gera

Gera / 05.06.2005

□□□□

Outburner

□□□: 2:40:08

□□: 19.11 km/h

□□: 190

□□: 51.50 km

Staffel 1,5-40-10

□□□□□: 10 (of 13)

□□□□□□: 2:13:44

□□□□:

□□□□□: 10(of 13)

Staffel

□□□□□□: 2:13:44

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen	1.50	28:31	2.10	9	8:13	9	8:13	1.50	28:31	2.10	10	8:02	10	8:02
Rad	40.00	1:15:32	31.77	11	8:53	11	8:53	41.50	1:44:03	23.64	10	13:28	10	13:28
Laufen	10.00	56:05	10.70	10	14:17	10	14:17	51.50	2:40:08	19.11	10	26:24	10	26:24