



# Hexengrund-Triathlon Engerda

Engerda / 12.09.2009

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Kramer, Roman

000: 1:54:49

00: Weimar

00: 19

00: 38.00 km

Hexengrund-Triathlon 0,5-30-7,5

00000/000: 14 (of 50)

00000/0: 14 (of 44)

000000: 1:35:50

0000:

TM 30

00000: 1(of 4)

0000000: 1:54:49

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	km/h	-	-	0	0	km	00	km/h	-	-	0	0
Schwimmen	0.50	14:36	0.00	2	0:19	18	5:49	0.50	14:36	0.00	1	-	35	
Rad	30.00	1:05:58	27.29	1	-	16	9:48	30.50	1:20:34	22.34	1	-	35	
Lauf	7.50	34:15	12.26	1	-	11	5:23	38.00	1:54:49	19.86	1	-	14	18:59