



Hexengrund-Triathlon Engerda

Engerda / 12.09.2009

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Henning, Jens

000: 2:01:20

00: Uhlstädt-Kirchhasel

00: 8

00: 38.00 km

00000/000: 21 (of 50)

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

00000/0: 21 (of 44)

000000: 1:35:50

0000:

00000: 7(of 11)

TM 25

0000000: 1:39:01

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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	11:39	0.00	3	2:39	5	2:52	0.50	11:39	0.00	7			12
Rad	30.00	1:11:09	25.30	8	14:01	29	14:59	30.50	1:22:48	21.74	7	13:52		12
Lauf	7.50	38:32	10.90	7	8:27	22	9:40	38.00	2:01:20	18.79	7	22:19	21	25:30