



Hexengrund-Triathlon Engerda
Engerda / 12.09.2009

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Wenzel, Nico

000: 2:10:32

00: Black X Turtles

00: 20

00: 38.00 km

00000/000: 32 (of 50)

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

00000/0: 31 (of 44)

000000: 1:35:50

0000:

00000: 5(of 7)

TM 40, Senioren 1

0000000: 1:53:39

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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	16:55	0.00	3	1:53	28	8:08	0.50	16:55	0.00	5	1:53	11	
Rad	30.00	1:09:53	25.76	4	9:41	23	13:43	30.50	1:26:48	20.74	5	11:34	11	
Lauf	7.50	43:44	9.60	5	8:28	32	14:52	38.00	2:10:32	17.47	5	16:53	31	34:42