



Hexengrund-Triathlon Engerda

Engerda / 12.09.2009

0000

Schwarz, Erik

000: 2:10:48

00: Orlamünde

00: 41

00: 38.00 km

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

00000/000: 34 (of 50)

00000/0: 32 (of 44)

000000: 1:35:50

0000:

TM 25

00000: 9(of 11)

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	17:58	0.00	10	8:58	33	9:11	0.50	17:58	0.00	9	6:10	1	-
Rad	30.00	1:11:42	25.10	9	14:34	30	15:32	30.50	1:29:40	20.07	9	20:44	1	-
Lauf	7.50	41:08	10.21	9	11:03	30	12:16	38.00	2:10:48	17.43	9	31:47	32	34:58