



# Hexengrund-Triathlon Engerda

Engerda / 12.09.2009

0000

Rath, Andreas

000: 2:50:05

00: ohne

00: 18

00: 38.00 km

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

00000/000: 46 (of 50)

00000/0: 41 (of 44)

000000: 1:35:50

0000:

TM 35

00000: 3(of 3)

0000000: 1:50:18

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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	20:12	0.00	3	7:55	40	11:25	0.50	20:12	0.00	3	7:55	21	2:14
Rad	30.00	1:24:59	21.18	3	22:01	41	28:49	30.50	1:45:11	17.11	3	29:56	21	15:31
Lauf	7.50	1:04:54	6.47	3	29:51	41	36:02	38.00	2:50:05	13.41	3	59:47	44	1:14:15