



Hexengrund-Triathlon Engerda

Engerda / 12.09.2009

0000

Weißenborn, Martin

000: 1:45:44

00: Jena

00: 25

00: 38.00 km

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

00000/000: 8 (of 50)

00000/0: 8 (of 44)

000000: 1:35:50

0000:

TM 25

00000: 3(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	14:22	0.00	6	5:22	16	5:35	0.50	14:22	0.00	3	2:34	29	
Rad	30.00	1:00:21	29.83	3	3:13	6	4:11	30.50	1:14:43	24.09	3	5:47	29	
Lauf	7.50	31:01	13.54	2	0:56	3	2:09	38.00	1:45:44	21.56	3	6:43	8	9:54