



2. Hexengrund-Triathlon Engerda

Engerda / 11.09.2010

0000

Dudda, Carsten

000: 2:27:03

00: Hamburg

00: 35

00: 38.00 km

00000/000: 62 (of 67)

Hexengrund-Triathlon 0,5-30.0-7,5

00000/0: 57 (of 59)

000000: 1:34:07

0000:

00000: 12(of 12)

TM 45, Senioren 2

0000000: 1:40:11

0000

0000

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|-----------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|----|-------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Schwimmen | 0.50 | 21:39 | 43:17 | 11 | 13:13 | 58 | 13:36 | 0.50 | 21:39 | 43:17 | 12 | 11:58 | 28 | 3:59 |
| Rad | 30.00 | 1:15:34 | 2:31 | 12 | 17:09 | 50 | 19:01 | 30.50 | 1:37:13 | 3:11 | 12 | 28:48 | 28 | 8:55 |
| Lauf | 7.50 | 49:50 | 6:38 | 12 | 18:04 | 53 | 20:19 | 38.00 | 2:27:03 | 3:52 | 12 | 46:52 | 57 | 52:56 |