



2. Sparkasse Oberhessen Charity Triathlon (Einzel)

Büdingen / 24.06.2012

□□□□

Ceynowa, Alexander

□□□: 1:48:30

□□: Eintracht-Frankfurt

□□: 36

□□: 37.25 km

□□□□□/□□□: 24 (of 56)

Jedermann-Triathlon Power-Distanz (0,75-29,0-7,5) □□□□□: 20 (of 37)

□□□□□□: 1:25:22

□□□□:

□□□□□: 8(of 12)

Senioren 2 MK45

□□□□□□□: 1:28:26

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen | 0.75 | 16:35 | 22:06 | 5 | 4:31 | 15 | 4:31 | 0.75 | 16:35 | 22:06 | 7 | 2:45 | 10 | | |
| Schwimmen □□□ | 0.75 | 16:35 | | | | | | | | | | | | | |
| Zwischen Rad 2 | 4.90 | 10:50 | 2:12 | 5 | 0:46 | 11 | 1:22 | 5.65 | 27:25 | 4:51 | 4 | 3:31 | 10 | | |
| Zwischen Rad 3 | 4.90 | 6:02 | 1:13 | 3 | 0:03 | 9 | 0:27 | 10.55 | 33:27 | 3:10 | 7 | 3:34 | 10 | | |
| Zwischen Rad 2 | 4.90 | 8:33 | 1:44 | 4 | 0:35 | 9 | 0:53 | 15.45 | 42:00 | 2:43 | 7 | 4:09 | 10 | | |
| Zwischen Rad 3 | 4.90 | 6:01 | 1:13 | 2 | 0:03 | 7 | 0:29 | 20.35 | 48:01 | 2:21 | 7 | 4:12 | 10 | | |
| Zwischen Rad 2 | 4.90 | 8:32 | 1:44 | 4 | 0:32 | 8 | 0:53 | 25.25 | 56:33 | 2:14 | 7 | 4:44 | 10 | | |
| Zwischen Rad 3 | 3.30 | 6:07 | 1:51 | 3 | 0:07 | 8 | 0:31 | 28.55 | 1:02:40 | 2:11 | 7 | 4:44 | 10 | | |
| Rad | 1.20 | 3:43 | 3:05 | 9 | 1:01 | 26 | 1:13 | 29.75 | 1:06:23 | 2:13 | 7 | 5:45 | 2 | | |
| Rad □□□ | 29.00 | 49:48 | | | | | | | | | | | | | |
| Zwischen Lauf 2 | 2.50 | 8:58 | 3:35 | 5 | 1:10 | 13 | 1:30 | 32.25 | 1:15:21 | 2:20 | 7 | 6:55 | 10 | | |
| Zwischen Lauf 3 | 2.80 | 2:15 | 0:48 | 4 | 0:19 | 12 | 0:23 | 35.05 | 1:17:36 | 2:12 | 7 | 7:14 | 2 | | |
| Lauf | 2.20 | 30:54 | 14:02 | 12 | 12:50 | 35 | 20:02 | 37.25 | 1:48:30 | 2:54 | 8 | 20:04 | 21 | 41:25 | |
| Lauf □□□ | 36.50 | 1:48:30 | | | | | | | | | | | | | |