

27. st- Werratal-Triathlon und 7. Jedermann-Triathlon Naherholungszentrum Immelborn / 05.08.2012



Möller, Steffen □□□: 1:29:18

□□: Egstedt/Stg.

□□: 438

☐: 25.75 km ☐☐☐☐☐☐: 39 (of 71)

Jedermann-Triathlon 0,75-20,0-5,0 ☐☐☐☐☐☐: 36 (of 58)

____: 1:05:58

 Description
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	km		min/km	-	-			km		min/km	-	-		
Schwimmen	0.75	20:49	27:45	14	5:15	38	8:29	0.75	20:49	27:45	15		9	
Schwimmen [0.75	20:49												
Rad	20.00	45:47	2:17	17	18:49	44	18:49	20.75	1:06:36	3:12	15		9	0:55
Rad 🔲 🗎	20.00	45:47												
Lauf	5.00	22:42	4:32	9	11:34	25	11:34	25.75	1:29:18	3:28	13	17:05	39	23:20
Lauf [[[[25.00	1:29:18												