



# 9. Asklepios TriTrek Bad Salzungen / 12.08.2012

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REGINE THÜMER, JOACHIM THÜMER 000: 1:37:27

00: Regine/ Joachim Alea Sanitas

00: 17

00: 27.90 km

9. Asklepios TriTrek

0000:

Mix Nordic Walking

00000/000: 36 (of 55)

00000/000: 12 (of 23)

000000: 1:13:27

00000: 4(of 14)

0000000: 1:33:13

0000

0000

000

| 000       | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>000 | 00<br>000 | 000   | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>000 | 00<br>000 |
|-----------|----------|----------|--------------|---------|---------|-----------|-----------|-------|-----------|-----------|---------------|---------|---------|-----------|-----------|
| Kanu      | 1.30     | 9:08     | 7:01         | 3       | 0:17    | 6         | 0:37      | 1.30  | 9:08      | 7:01      | 15            | 0:11    | 24      |           |           |
| Kanu 000  | 1.30     | 9:08     |              |         |         |           |           |       |           |           |               |         |         |           |           |
| Lauf      | 6.60     | 48:56    | 7:24         | 8       | 7:04    | 17        | 20:56     | 7.90  | 58:04     | 7:21      | 15            | 7:15    | 24      |           |           |
| Lauf 000  | 6.60     | 48:56    |              |         |         |           |           |       |           |           |               |         |         |           |           |
| Start Rad | -        | fehlt!   | -            | -       | -       | -         | -         | 7.90  | -         | -         | -             | -       | -       | -         | -         |
| Rad       | 20.00    | 39:23    | 1:58         | 4       | 2:24    | 8         | 7:02      | 27.90 | 1:37:27   | 3:29      | 4             | 4:14    | 12      | 24:00     |           |
| Rad 000   | 26.60    | 1:37:27  |              |         |         |           |           |       |           |           |               |         |         |           |           |