



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Kummer, Tobias

000: 1:49:24

00: 1883 Schwarza

00: 5

00: 35.70 km

Hexengrund-Triathlon 0.5-30.0-7.5

00000/000: 7 (of 54)

00000/0: 7 (of 48)

000000: 1:36:59

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00000: 2(of 8)

TM 30

0000000: 1:48:35

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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
Wechsel Schw.-R	0.50	9:58	19:56	1	-	8	1:07	0.50	9:58	19:56	2	-	30	
Schwimmen	0.01	1:25	141:39	1	-	8	1:03	0.51	11:23	22:19	2	-	34	
Schwimmen 000	0.51	11:23												
Runde Rad	2.00	5:18	2:38	3	0:32	14	0:59	2.51	16:41	6:38	2	-	33	
Runde Rad	8.70	19:43	2:15	2	2:51	12	2:51	11.21	36:24	3:14	2	1:19	33	
Runde Rad	8.70	20:05	2:18	2	1:15	13	2:13	19.91	56:29	2:50	2	2:34	33	
Wechsel Rad-Lau	8.70	19:59	2:17	2	0:29	8	1:43	28.61	1:16:28	2:40	2	3:03	31	
Rad	0.01	0:03	5:00	2	0:01	5	0:01	28.62	1:16:31	2:40	2	2:45	31	
Rad 000	28.11	1:05:08												
Runde Lauf	2.40	10:17	4:17	1	-	6	10:07	31.02	1:26:48	2:47	2	1:34	31	
Runde Lauf	2.40	11:11	4:39	1	-	6	1:26	33.42	1:37:59	2:55	2	1:03	30	
Lauf	2.28	11:25	5:00	1	-	7	1:51	35.70	1:49:24	3:03	2	0:49	7	12:25
Lauf 000	35.19	1:49:24												