



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Marquardt, Christian

000: 1:52:30

00: LAC Rudolstadt

00: 13

00: 35.70 km

00000/000: 9 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 9 (of 48)

000000: 1:36:59

0000:

00000: 1(of 11)

TM 25

0000000: 1:52:30

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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	12:26	24:52	6	3:18	30	3:35	0.50	12:26	24:52	1	-	36	
Schwimmen	0.01	4:02	403:19	8	2:15	44	3:40	0.51	16:28	32:17	1	-	36	0:14
Schwimmen 000	0.51	16:28												
Runde Rad	2.00	5:14	2:37	2	0:20	12	0:55	2.51	21:42	8:38	1	-	35	
Runde Rad	8.70	19:43	2:15	1	-	12	2:51	11.21	41:25	3:41	1	-	35	
Runde Rad	8.70	21:08	2:25	2	0:23	18	3:16	19.91	1:02:33	3:08	1	-	35	
Wechsel Rad-Lau	8.70	21:11	2:26	3	0:30	17	2:55	28.61	1:23:44	2:55	1	-	33	
Rad	0.01	0:25	41:39	8	0:23	32	0:23	28.62	1:24:09	2:56	1	-	33	
Rad 000	28.11	1:07:41												
Runde Lauf	2.40	9:02	3:45	2	8:52	2	8:52	31.02	1:33:11	3:00	1	-	33	
Runde Lauf	2.40	9:45	4:03	1	-	1	-	33.42	1:42:56	3:04	1	-	32	
Lauf	2.28	9:34	4:11	1	-	1	-	35.70	1:52:30	3:09	1	-	9	15:31
Lauf 000	35.19	1:52:30												