



# 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

Hexengrund-Triathlon 0.5-30.0-7.5

00000/000: 9 (of 54)

00000/0: 9 (of 48)

000000: 1:36:59

0000:

TM 25

00000: 1(of 11)

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 |        |    |      |    |      |       |         |        |    |    |    |       |