



# Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Frauendorf, Tina

000: 1:54:58

00: Triathlon Jena e.V.

00: 8

00: 35.70 km

00000/000: 14 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 1 (of 6)

000000: 1:54:58

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00000: 1(of 2)

TW 30

0000000: 1:54:58

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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	10:26	20:52	2	1:13	2	1:13	0.50	10:26	20:52	1	-	1	-
Schwimmen	0.01	0:59	98:19	1	-	1	-	0.51	11:25	22:23	1	-	1	-
Schwimmen 000	0.51	11:25												
Runde Rad	2.00	4:57	2:28	1	-	1	-	2.51	16:22	6:31	1	-	1	-
Runde Rad	8.70	20:39	2:22	1	-	1	-	11.21	37:01	3:18	1	-	1	-
Runde Rad	8.70	20:17	2:19	1	-	1	-	19.91	57:18	2:52	1	-	1	-
Wechsel Rad-Lau	8.70	20:36	2:22	1	-	1	-	28.61	1:17:54	2:43	1	-	1	-
Rad	0.01	0:09	15:00	1	-	4	0:07	28.62	1:18:03	2:43	1	-	1	-
Rad 000	28.11	1:06:38												
Runde Lauf	2.40	11:43	4:52	2	0:04	2	0:04	31.02	1:29:46	2:53	1	-	1	-
Runde Lauf	2.40	12:32	5:13	2	0:31	2	0:31	33.42	1:42:18	3:03	1	-	1	-
Lauf	2.28	12:40	5:33	2	0:37	2	0:37	35.70	1:54:58	3:13	1	-	1	-
Lauf 000	35.19	1:54:58												