



# 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 |        |    |      |    |      |       |         |        |    |    |    |    |