



# Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Baumann, Holger

000: 1:56:17

00: Saalfelder LV

00: 46

00: 35.70 km

00000/000: 15 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 14 (of 48)

000000: 1:36:59

0000:

00000: 4(of 8)

TM 45, Senioren 2

0000000: 1:36:59

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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	11:41	23:22	4	2:50	18	2:50	0.50	11:41	23:22	5	2:50	31	
Schwimmen	0.01	2:25	241:39	7	2:03	26	2:03	0.51	14:06	27:38	5	4:23	41	
Schwimmen 000	0.51	14:06												
Runde Rad	2.00	5:30	2:45	5	1:11	19	1:11	2.51	19:36	7:48	5	5:34	40	
Runde Rad	8.70	20:34	2:21	5	3:26	19	3:42	11.21	40:10	3:34	5	9:00	40	
Runde Rad	8.70	20:17	2:19	4	2:08	15	2:25	19.91	1:00:27	3:02	5	11:08	40	
Wechsel Rad-Lau	8.70	20:31	2:21	4	1:50	12	2:15	28.61	1:20:58	2:49	5	12:58	38	
Rad	0.01	1:06	110:00	8	1:03	46	1:04	28.62	1:22:04	2:52	5	13:56	38	
Rad 000	28.11	1:07:58												
Runde Lauf	2.40	11:16	4:41	5	1:45	11	11:06	31.02	1:33:20	3:00	5	15:41	38	
Runde Lauf	2.40	11:25	4:45	3	1:40	8	1:40	33.42	1:44:45	3:08	4	17:21	37	
Lauf	2.28	11:32	5:03	4	1:57	9	1:58	35.70	1:56:17	3:15	4	19:18	14	19:18
Lauf 000	35.19	1:56:17												