



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

0000

Gerbert, Christian

000: 1:57:04

00: SV 1883 Schwarza

00: 50

00: 35.70 km

00000/000: 16 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 15 (of 48)

000000: 1:36:59

0000:

00000: 5(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	9:20	18:40	2	0:29	5	0:29	0.50	9:20	18:40	6	0:29	42	
Schwimmen	0.01	2:13	221:40	5	1:51	21	1:51	0.51	11:33	22:38	6	1:50	42	
Schwimmen 000	0.51	11:33												
Runde Rad	2.00	5:23	2:41	4	1:04	17	1:04	2.51	16:56	6:44	6	2:54	41	
Runde Rad	8.70	20:31	2:21	4	3:23	18	3:39	11.21	37:27	3:20	6	6:17	41	
Runde Rad	8.70	21:40	2:29	5	3:31	21	3:48	19.91	59:07	2:58	6	9:48	41	
Wechsel Rad-Lau	8.70	22:09	2:32	5	3:28	22	3:53	28.61	1:21:16	2:50	6	13:16	39	
Rad	0.01	0:07	11:39	4	0:04	19	0:05	28.62	1:21:23	2:50	6	13:15	39	
Rad 000	28.11	1:09:50												
Runde Lauf	2.40	11:57	4:58	6	2:26	17	11:47	31.02	1:33:20	3:00	5	15:41	38	
Runde Lauf	2.40	11:26	4:45	4	1:41	9	1:41	33.42	1:44:46	3:08	5	17:22	38	
Lauf	2.28	12:18	5:23	5	2:43	16	2:44	35.70	1:57:04	3:16	5	20:05	15	20:05
Lauf 000	35.19	1:57:04												