



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Werner, Marko

□□□: 1:58:37

□□: SV Thuringia Koenigsee

□□: 48

□□: 35.70 km

□□□□□/□□□: 17 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

□□□□□/□: 16 (of 48)

□□□□□□: 1:36:59

□□□□:

□□□□□: 3(of 8)

TM 30

□□□□□□□: 1:48:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Wechsel Schw.-R	0.50	13:04	26:07	7	3:06	37	4:13	0.50	13:04	26:07	3	2:13	43	
Schwimmen	0.01	2:27	245:00	4	1:02	27	2:05	0.51	15:31	30:25	3	2:04	43	
Schwimmen □□□	0.51	15:31												
Runde Rad	2.00	4:56	2:28	2	0:10	8	0:37	2.51	20:27	8:08	3	2:14	42	
Runde Rad	8.70	20:01	2:18	3	3:09	16	3:09	11.21	40:28	3:36	3	5:23	42	
Runde Rad	8.70	20:26	2:20	3	1:36	16	2:34	19.91	1:00:54	3:03	3	6:59	42	
Wechsel Rad-Lau	8.70	20:39	2:22	3	1:09	14	2:23	28.61	1:21:33	2:51	3	8:08	40	
Rad	0.01	0:32	53:19	8	0:30	39	0:30	28.62	1:22:05	2:52	3	8:19	40	
Rad □□□	28.11	1:06:34												
Runde Lauf	2.40	11:43	4:52	3	1:26	15	11:33	31.02	1:33:48	3:01	3	8:34	40	
Runde Lauf	2.40	12:46	5:19	4	1:35	18	3:01	33.42	1:46:34	3:11	3	9:38	39	
Lauf	2.28	12:03	5:17	4	0:38	15	2:29	35.70	1:58:37	3:19	3	10:02	16	21:38
Lauf □□□	35.19	1:58:37												