



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

□□□□

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

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ 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 | | | | | | | | | | | | | |