



# Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Schröder, Thomas

000: 2:00:39

00: SV 1956 Großkochberg

00: 35

00: 35.70 km

00000/000: 18 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 17 (of 48)

000000: 1:36:59

0000:

00000: 4(of 8)

TM 30

0000000: 1:48:35

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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	11:31	23:02	4	1:33	17	2:40	0.50	11:31	23:02	4	0:40	44	
Schwimmen	0.01	2:38	263:19	7	1:13	31	2:16	0.51	14:09	27:44	4	0:42	44	
Schwimmen 000	0.51	14:09												
Runde Rad	2.00	6:01	3:00	6	1:15	35	1:42	2.51	20:10	8:02	4	1:57	43	
Runde Rad	8.70	21:09	2:25	4	4:17	23	4:17	11.21	41:19	3:41	4	6:14	43	
Runde Rad	8.70	21:13	2:26	4	2:23	19	3:21	19.91	1:02:32	3:08	4	8:37	43	
Wechsel Rad-Lau	8.70	21:34	2:28	4	2:04	19	3:18	28.61	1:24:06	2:56	4	10:41	41	
Rad	0.01	0:02	3:19	1	-	1	-	28.62	1:24:08	2:56	4	10:22	41	
Rad 000	28.11	1:09:59												
Runde Lauf	2.40	12:04	5:01	4	1:47	18	11:54	31.02	1:36:12	3:06	4	10:58	41	
Runde Lauf	2.40	12:25	5:10	3	1:14	16	2:40	33.42	1:48:37	3:15	4	11:41	40	
Lauf	2.28	12:02	5:16	3	0:37	14	2:28	35.70	2:00:39	3:22	4	12:04	17	23:40
Lauf 000	35.19	2:00:39												