



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Wenzel, Nico

000: 2:05:22

00: Black X Turtles

00: 36

00: 35.70 km

00000/000: 21 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 19 (of 48)

000000: 1:36:59

0000:

00000: 4(of 8)

TM 40, Senioren 1

0000000: 1:48:13

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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	13:00	26:00	5	3:41	33	4:09	0.50	13:00	26:00	5			46
Schwimmen	0.01	2:23	238:19	5	0:59	25	2:01	0.51	15:23	30:09	5	0:18		46
Schwimmen 000	0.51	15:23												
Runde Rad	2.00	5:26	2:43	4	0:34	18	1:07	2.51	20:49	8:17	4	5:05		45
Runde Rad	8.70	19:43	2:15	3	2:26	12	2:51	11.21	40:32	3:36	4	6:01		45
Runde Rad	8.70	20:15	2:19	4	2:23	14	2:23	19.91	1:00:47	3:03	4	7:19		45
Wechsel Rad-Lau	8.70	21:17	2:26	4	2:44	18	3:01	28.61	1:22:04	2:52	4	9:23		43
Rad	0.01	0:47	78:19	7	0:45	44	0:45	28.62	1:22:51	2:53	4	9:44		43
Rad 000	28.11	1:07:28												
Runde Lauf	2.40	12:37	5:15	3	1:13	22	12:27	31.02	1:35:28	3:04	4	10:57		43
Runde Lauf	2.40	14:16	5:56	5	2:25	27	4:31	33.42	1:49:44	3:17	4	13:22		42
Lauf	2.28	15:38	6:51	6	3:47	38	6:04	35.70	2:05:22	3:30	4	17:09	19	28:23
Lauf 000	35.19	2:05:22												