



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

0000

Müller, Norman

000: 2:06:03

00: Chemnitz

00: 10

00: 35.70 km

Hexengrund-Triathlon 0.5-30.0-7.5

00000/000: 22 (of 54)

00000/0: 20 (of 48)

000000: 1:36:59

0000:

TM 25

00000: 2(of 11)

0000000: 1:52:30

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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	15:15	30:30	11	6:07	46	6:24	0.50	15:15	30:30	2	2:49	47	1:57
Schwimmen	0.01	4:44	473:19	11	2:57	48	4:22	0.51	19:59	39:10	2	3:31	47	3:45
Schwimmen 000	0.51	19:59												
Runde Rad	2.00	5:43	2:51	4	0:49	27	1:24	2.51	25:42	10:14	2	4:00	46	3:55
Runde Rad	8.70	20:40	2:22	3	0:57	20	3:48	11.21	46:22	4:08	2	4:57	46	2:05
Runde Rad	8.70	20:45	2:23	1	-	17	2:53	19.91	1:07:07	3:22	2	4:34	9	0:23
Wechsel Rad-Lau	8.70	20:41	2:22	1	-	15	2:25	28.61	1:27:48	3:04	2	4:04	44	
Rad	0.01	0:39	65:00	10	0:37	43	0:37	28.62	1:28:27	3:05	2	4:18	44	
Rad 000	28.11	1:08:28												
Runde Lauf	2.40	0:10	0:04	1	-	1	-	31.02	1:28:37	2:51	2		44	
Runde Lauf	2.40	12:44	5:18	2	2:59	17	2:59	33.42	1:41:21	3:01	2		43	
Lauf	2.28	24:42	10:50	11	15:08	45	15:08	35.70	2:06:03	3:31	2	13:33	20	29:04
Lauf 000	35.19	2:06:03												