



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Lauterbach, Günter

□□□: 1:36:59

□□: Powerbärs Rednitzhembach

□□: 51

□□: 35.70 km

□□□□□/□□□: 1 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

□□□□□/□: 1 (of 48)

□□□□□□: 1:36:59

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□□□□□: 1(of 8)

TM 45, Senioren 2

□□□□□□□: 1:36:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Wechsel Schw.-R	0.50	8:51	17:41	1	-	1	-	0.50	8:51	17:41	1	-	27	
Schwimmen	0.01	0:52	86:40	3	0:30	3	0:30	0.51	9:43	19:03	1	-	27	
Schwimmen □□□	0.51	9:43												
Runde Rad	2.00	4:19	2:09	1	-	1	-	2.51	14:02	5:35	1	-	26	
Runde Rad	8.70	17:08	1:58	1	-	2	0:16	11.21	31:10	2:46	1	-	26	
Runde Rad	8.70	18:09	2:05	1	-	2	0:17	19.91	49:19	2:28	1	-	26	
Wechsel Rad-Lau	8.70	18:41	2:08	1	-	3	0:25	28.61	1:08:00	2:22	1	-	36	
Rad	0.01	0:08	13:19	5	0:05	20	0:06	28.62	1:08:08	2:22	1	-	36	
Rad □□□	28.11	58:25												
Runde Lauf	2.40	9:31	3:57	1	-	3	9:21	31.02	1:17:39	2:30	1	-	36	
Runde Lauf	2.40	9:45	4:03	1	-	1	-	33.42	1:27:24	2:36	1	-	35	
Lauf	2.28	9:35	4:12	1	-	2	0:01	35.70	1:36:59	2:42	1	-	1	-
Lauf □□□	35.19	1:36:59												