



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Stockmann, Tom

000: 2:08:23

00: SV 1956 Großkochberg

00: 37

00: 35.70 km

00000/000: 28 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 26 (of 48)

000000: 1:36:59

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00000: 3(of 3)

TM 20

0000000: 1:45:11

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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	13:05	26:10	3	2:21	38	4:14	0.50	13:05	26:10	3	1:24	5	
Schwimmen	0.01	3:11	318:19	3	1:38	39	2:49	0.51	16:16	31:53	3	3:02	5	0:02
Schwimmen 000	0.51	16:16												
Runde Rad	2.00	5:35	2:47	2	0:32	24	1:16	2.51	21:51	8:42	3	3:34	5	0:04
Runde Rad	8.70	22:24	2:34	3	3:54	33	5:32	11.21	44:15	3:56	3	7:28	5	
Runde Rad	8.70	22:18	2:33	3	3:24	28	4:26	19.91	1:06:33	3:20	3	10:52	5	
Wechsel Rad-Lau	8.70	22:30	2:35	3	2:37	27	4:14	28.61	1:29:03	3:06	3	13:29	4	
Rad	0.01	0:03	5:00	1	-	5	0:01	28.62	1:29:06	3:06	3	13:10	4	
Rad 000	28.11	1:12:50												
Runde Lauf	2.40	12:23	5:09	3	2:42	21	12:13	31.02	1:41:29	3:16	3	15:52	4	
Runde Lauf	2.40	13:34	5:39	3	3:49	22	3:49	33.42	1:55:03	3:26	3	19:41	4	
Lauf	2.28	13:20	5:50	3	3:31	19	3:46	35.70	2:08:23	3:35	3	23:12	26	31:24
Lauf 000	35.19	2:08:23												