



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Werner, Silke

000: 2:08:41

00: Rudolstadt

00: 32

00: 35.70 km

Hexengrund-Triathlon 0.5-30.0-7.5

00000/000: 29 (of 54)

00000/0: 3 (of 6)

000000: 1:54:58

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TW 40, Seniorinnen 1

00000: 1(of 1)

0000000: 2:08:41

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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	12:56	25:52	1	-	4	3:43	0.50	12:56	25:52	1	-	3	2:30
Schwimmen	0.01	2:16	226:39	1	-	4	1:17	0.51	15:12	29:48	1	-	3	3:47
Schwimmen 000	0.51	15:12												
Runde Rad	2.00	5:39	2:49	1	-	3	0:42	2.51	20:51	8:18	1	-	3	4:29
Runde Rad	8.70	21:22	2:27	1	-	2	0:43	11.21	42:13	3:45	1	-	3	5:12
Runde Rad	8.70	22:36	2:35	1	-	2	2:19	19.91	1:04:49	3:15	1	-	3	7:31
Wechsel Rad-Lau	8.70	22:47	2:37	1	-	3	2:11	28.61	1:27:36	3:03	1	-	3	9:42
Rad	0.01	0:07	11:39	1	-	2	0:05	28.62	1:27:43	3:03	1	-	3	9:40
Rad 000	28.11	1:12:31												
Runde Lauf	2.40	12:54	5:22	1	-	3	1:15	31.02	1:40:37	3:14	1	-	3	10:51
Runde Lauf	2.40	13:52	5:46	1	-	4	1:51	33.42	1:54:29	3:25	1	-	3	12:11
Lauf	2.28	14:12	6:13	1	-	4	2:09	35.70	2:08:41	3:36	1	-	3	13:43
Lauf 000	35.19	2:08:41												