



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Winterfeld, Patrick

000: 2:09:15

00: Seesportverein Sömmerda

00: 34

00: 35.70 km

00000/000: 30 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 27 (of 48)

000000: 1:36:59

0000:

00000: 4(of 11)

TM 25

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	9:08	18:15	1	-	2	0:17	0.50	9:08	18:15	4		6	
Schwimmen	0.01	1:52	186:39	2	0:05	16	1:30	0.51	11:00	21:34	4		6	
Schwimmen 000	0.51	11:00												
Runde Rad	2.00	6:05	3:02	9	1:11	37	1:46	2.51	17:05	6:48	4		6	
Runde Rad	8.70	23:37	2:42	10	3:54	43	6:45	11.21	40:42	3:37	4		6	
Runde Rad	8.70	23:07	2:39	7	2:22	35	5:15	19.91	1:03:49	3:12	4	1:16	6	
Wechsel Rad-Lau	8.70	22:15	2:33	5	1:34	23	3:59	28.61	1:26:04	3:00	4	2:20	5	
Rad	0.01	0:12	20:00	7	0:10	23	0:10	28.62	1:26:16	3:00	4	2:07	5	
Rad 000	28.11	1:15:16												
Runde Lauf	2.40	13:11	5:29	5	13:01	29	13:01	31.02	1:39:27	3:12	4	6:16	5	
Runde Lauf	2.40	15:06	6:17	6	5:21	35	5:21	33.42	1:54:33	3:25	4	11:37	5	
Lauf	2.28	14:42	6:26	6	5:08	32	5:08	35.70	2:09:15	3:37	4	16:45	27	32:16
Lauf 000	35.19	2:09:15												