



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Paul, Claudia

□□□: 2:09:47

□□: SportSpass

□□: 15

□□: 35.70 km

Hexengrund-Triathlon 0.5-30.0-7.5

□□□□□/□□□: 31 (of 54)

□□□□□/□: 4 (of 6)

□□□□□□: 1:54:58

□□□□:

TW 35

□□□□□: 1(of 1)

□□□□□□□: 2:09:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Wechsel Schw.-R	0.50	13:07	26:14	1	-	5	3:54	0.50	13:07	26:14	1	-	4	2:41
Schwimmen	0.01	2:12	220:00	1	-	3	1:13	0.51	15:19	30:01	1	-	4	3:54
Schwimmen □□□	0.51	15:19												
Runde Rad	2.00	5:30	2:45	1	-	2	0:33	2.51	20:49	8:17	1	-	4	4:27
Runde Rad	8.70	22:53	2:37	1	-	4	2:14	11.21	43:42	3:53	1	-	4	6:41
Runde Rad	8.70	22:54	2:37	1	-	4	2:37	19.91	1:06:36	3:20	1	-	4	9:18
Wechsel Rad-Lau	8.70	22:44	2:36	1	-	2	2:08	28.61	1:29:20	3:07	1	-	4	11:26
Rad	0.01	0:02	3:19	1	-	1	-	28.62	1:29:22	3:07	1	-	4	11:19
Rad □□□	28.11	1:14:03												
Runde Lauf	2.40	13:10	5:29	1	-	4	1:31	31.02	1:42:32	3:18	1	-	4	12:46
Runde Lauf	2.40	13:39	5:41	1	-	3	1:38	33.42	1:56:11	3:28	1	-	4	13:53
Lauf	2.28	13:36	5:57	1	-	3	1:33	35.70	2:09:47	3:38	1	-	4	14:49
Lauf □□□	35.19	2:09:47												