



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Jahn, Dominik

000: 2:10:50

00: Uhlstädter Sportverein

00: 52

00: 35.70 km

00000/000: 32 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 28 (of 48)

000000: 1:36:59

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00000: 5(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	11:52	23:44	3	2:44	22	3:01	0.50	11:52	23:44	5		7	
Schwimmen	0.01	1:47	178:20	1	-	15	1:25	0.51	13:39	26:45	5		3	
Schwimmen 000	0.51	13:39												
Runde Rad	2.00	5:58	2:59	6	1:04	33	1:39	2.51	19:37	7:48	5		7	
Runde Rad	8.70	22:06	2:32	6	2:23	31	5:14	11.21	41:43	3:43	5	0:18	7	
Runde Rad	8.70	23:45	2:43	9	3:00	39	5:53	19.91	1:05:28	3:17	5	2:55	7	
Wechsel Rad-Lau	8.70	23:47	2:44	8	3:06	36	5:31	28.61	1:29:15	3:07	5	5:31	6	
Rad	0.01	0:08	13:19	6	0:06	20	0:06	28.62	1:29:23	3:07	5	5:14	6	
Rad 000	28.11	1:15:44												
Runde Lauf	2.40	14:14	5:55	6	14:04	34	14:04	31.02	1:43:37	3:20	5	10:26	6	
Runde Lauf	2.40	13:46	5:44	4	4:01	24	4:01	33.42	1:57:23	3:30	5	14:27	6	
Lauf	2.28	13:27	5:53	3	3:53	21	3:53	35.70	2:10:50	3:39	5	18:20	28	33:51
Lauf 000	35.19	2:10:50												