



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Dr. Meyer, Joachim

□□□: 2:11:08

□□: Triathlon Jena

□□: 27

□□: 35.70 km

□□□□□/□□□: 33 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

□□□□□/□: 29 (of 48)

□□□□□□: 1:36:59

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□□□□□: 1(of 1)

TM 60, Senioren 5

□□□□□□□: 2:11:08

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Wechsel Schw.-R	0.50	9:42	19:23	1	-	7	0:51	0.50	9:42	19:23	1	-	8		
Schwimmen	0.01	1:00	100:00	1	-	4	0:38	0.51	10:42	20:58	1	-	8		
Schwimmen □□□	0.51	10:42													
Runde Rad	2.00	5:34	2:46	1	-	23	1:15	2.51	16:16	6:28	1	-	8		
Runde Rad	8.70	21:49	2:30	1	-	29	4:57	11.21	38:05	3:23	1	-	8		
Runde Rad	8.70	24:04	2:45	1	-	42	6:12	19.91	1:02:09	3:07	1	-	8		
Wechsel Rad-Lau	8.70	24:44	2:50	1	-	43	6:28	28.61	1:26:53	3:02	1	-	7		
Rad	0.01	0:29	48:20	1	-	36	0:27	28.62	1:27:22	3:03	1	-	7		
Rad □□□	28.11	1:16:40													
Runde Lauf	2.40	13:54	5:47	1	-	31	13:44	31.02	1:41:16	3:15	1	-	7		
Runde Lauf	2.40	14:40	6:06	1	-	32	4:55	33.42	1:55:56	3:28	1	-	7		
Lauf	2.28	15:12	6:40	1	-	35	5:38	35.70	2:11:08	3:40	1	-	29	34:09	
Lauf □□□	35.19	2:11:08													