



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Heim, Sven

000: 2:11:33

00: Team Erdinger Alkoholfrei

00: 9

00: 35.70 km

00000/000: 34 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 30 (of 48)

000000: 1:36:59

0000:

00000: 6(of 8)

TM 40, Senioren 1

0000000: 1:48:13

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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	13:43	27:26	8	4:24	43	4:52	0.50	13:43	27:26	7	0:42	9	0:25
Schwimmen	0.01	2:13	221:40	4	0:49	21	1:51	0.51	15:56	31:14	7	0:51	9	
Schwimmen 000	0.51	15:56												
Runde Rad	2.00	5:56	2:58	6	1:04	32	1:37	2.51	21:52	8:42	6	6:08	9	0:05
Runde Rad	8.70	22:25	2:34	6	5:08	34	5:33	11.21	44:17	3:57	6	9:46	1	-
Runde Rad	8.70	22:50	2:37	6	4:58	33	4:58	19.91	1:07:07	3:22	6	13:39	9	0:23
Wechsel Rad-Lau	8.70	23:22	2:41	6	4:49	33	5:06	28.61	1:30:29	3:09	6	17:48	8	
Rad	0.01	0:12	20:00	3	0:10	23	0:10	28.62	1:30:41	3:10	6	17:34	8	
Rad 000	28.11	1:14:45												
Runde Lauf	2.40	13:05	5:27	4	1:41	25	12:55	31.02	1:43:46	3:20	6	19:15	8	
Runde Lauf	2.40	13:52	5:46	4	2:01	25	4:07	33.42	1:57:38	3:31	6	21:16	8	
Lauf	2.28	13:55	6:06	4	2:04	25	4:21	35.70	2:11:33	3:41	6	23:20	30	34:34
Lauf 000	35.19	2:11:33												