



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

0000

Wunderwald, Andreas

000: 2:11:37

00: Tangstedt

00: 6

00: 35.70 km

Hexengrund-Triathlon 0.5-30.0-7.5

00000/000: 35 (of 54)

00000/0: 31 (of 48)

000000: 1:36:59

0000:

TM 25

00000: 6(of 11)

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	13:23	26:45	8	4:15	41	4:32	0.50	13:23	26:45	6	0:57	10	0:05
Schwimmen	0.01	3:07	311:40	5	1:20	38	2:45	0.51	16:30	32:21	6	0:02	10	0:16
Schwimmen 000	0.51	16:30												
Runde Rad	2.00	4:54	2:27	1	-	7	0:35	2.51	21:24	8:31	6		10	
Runde Rad	8.70	20:11	2:19	2	0:28	17	3:19	11.21	41:35	3:42	6	0:10	10	
Runde Rad	8.70	21:29	2:28	3	0:44	20	3:37	19.91	1:03:04	3:10	6	0:31	10	
Wechsel Rad-Lau	8.70	21:39	2:29	4	0:58	20	3:23	28.61	1:24:43	2:57	6	0:59	9	
Rad	0.01	0:51	85:00	11	0:49	45	0:49	28.62	1:25:34	2:59	6	1:25	9	
Rad 000	28.11	1:09:04												
Runde Lauf	2.40	14:47	6:09	7	14:37	36	14:37	31.02	1:40:21	3:14	6	7:10	9	
Runde Lauf	2.40	15:40	6:31	8	5:55	39	5:55	33.42	1:56:01	3:28	6	13:05	9	
Lauf	2.28	15:36	6:50	7	6:02	37	6:02	35.70	2:11:37	3:41	6	19:07	31	34:38
Lauf 000	35.19	2:11:37												