



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Siebert, Georg

000: 2:12:20

00: Blitzschnell Kochberg

00: 19

00: 35.70 km

00000/000: 36 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 32 (of 48)

000000: 1:36:59

0000:

00000: 7(of 11)

TM 25

0000000: 1:52:30

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Wechsel Schw.-R	0.50	11:56	23:52	4	2:48	23	3:05	0.50	11:56	23:52	7		11	
Schwimmen	0.01	4:19	431:39	9	2:32	46	3:57	0.51	16:15	31:51	7		11	0:01
Schwimmen 000	0.51	16:15												
Runde Rad	2.00	5:48	2:53	5	0:54	29	1:29	2.51	22:03	8:47	7	0:21	11	0:16
Runde Rad	8.70	22:13	2:33	7	2:30	32	5:21	11.21	44:16	3:56	7	2:51	11	
Runde Rad	8.70	22:18	2:33	5	1:33	28	4:26	19.91	1:06:34	3:20	7	4:01	11	
Wechsel Rad-Lau	8.70	20:59	2:24	2	0:18	16	2:43	28.61	1:27:33	3:03	7	3:49	10	
Rad	0.01	0:03	5:00	2	0:01	5	0:01	28.62	1:27:36	3:03	7	3:27	10	
Rad 000	28.11	1:11:21												
Runde Lauf	2.40	14:57	6:13	8	14:47	38	14:47	31.02	1:42:33	3:18	7	9:22	10	
Runde Lauf	2.40	15:17	6:22	7	5:32	37	5:32	33.42	1:57:50	3:31	7	14:54	10	
Lauf	2.28	14:30	6:21	5	4:56	30	4:56	35.70	2:12:20	3:42	7	19:50	32	35:21
Lauf 000	35.19	2:12:20												