



# Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Nagi, Enrico

000: 2:12:59

00: Großkochberg

00: 43

00: 35.70 km

00000/000: 37 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 33 (of 48)

000000: 1:36:59

0000:

00000: 3(of 3)

TM 35

0000000: 2:07:14

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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	12:58	25:56	3	1:16	32	4:07	0.50	12:58	25:56	3	1:14	12	
Schwimmen	0.01	2:48	280:00	3	0:51	34	2:26	0.51	15:46	30:54	3	1:34	12	
Schwimmen 000	0.51	15:46												
Runde Rad	2.00	5:32	2:46	1	-	21	1:13	2.51	21:18	8:29	3	1:11	12	
Runde Rad	8.70	21:22	2:27	1	-	25	4:30	11.21	42:40	3:48	3	0:51	12	
Runde Rad	8.70	21:48	2:30	1	-	24	3:56	19.91	1:04:28	3:14	3	0:30	12	
Wechsel Rad-Lau	8.70	22:49	2:37	2	0:26	30	4:33	28.61	1:27:17	3:03	3		11	
Rad	0.01	0:05	8:19	2	0:03	11	0:03	28.62	1:27:22	3:03	3		7	
Rad 000	28.11	1:11:36												
Runde Lauf	2.40	16:37	6:55	3	3:44	46	16:27	31.02	1:43:59	3:21	3	3:32	11	
Runde Lauf	2.40	14:35	6:04	3	1:11	31	4:50	33.42	1:58:34	3:32	3	4:43	11	
Lauf	2.28	14:25	6:19	3	1:02	29	4:51	35.70	2:12:59	3:43	3	5:45	33	36:00
Lauf 000	35.19	2:12:59												