



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

0000

Bähring, Stefan

000: 2:14:49

00: WWW.BIKEBROTHER.DE

00: 53

00: 35.70 km

00000/000: 38 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 34 (of 48)

000000: 1:36:59

0000:

00000: 6(of 8)

TM 30

0000000: 1:48:35

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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	13:18	26:36	8	3:20	40	4:27	0.50	13:18	26:36	6	2:27	1	-
Schwimmen	0.01	2:56	293:19	8	1:31	35	2:34	0.51	16:14	31:49	6	2:47	1	-
Schwimmen 000	0.51	16:14												
Runde Rad	2.00	5:33	2:46	4	0:47	22	1:14	2.51	21:47	8:40	6	3:34	1	-
Runde Rad	8.70	22:30	2:35	5	5:38	35	5:38	11.21	44:17	3:57	6	9:12	1	-
Runde Rad	8.70	22:27	2:34	5	3:37	30	4:35	19.91	1:06:44	3:21	6	12:49	1	-
Wechsel Rad-Lau	8.70	21:49	2:30	5	2:19	21	3:33	28.61	1:28:33	3:05	6	15:08	12	
Rad	0.01	0:15	25:00	5	0:13	27	0:13	28.62	1:28:48	3:06	6	15:02	12	
Rad 000	28.11	1:12:34												
Runde Lauf	2.40	16:25	6:50	8	6:08	45	16:15	31.02	1:45:13	3:23	6	19:59	12	
Runde Lauf	2.40	15:35	6:29	8	4:24	38	5:50	33.42	2:00:48	3:36	6	23:52	12	
Lauf	2.28	14:01	6:08	7	2:36	26	4:27	35.70	2:14:49	3:46	6	26:14	34	37:50
Lauf 000	35.19	2:14:49												