



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

□□□□

Patze, Patrick

□□□: 2:15:20

□□: MSC Rudolstadt e.V.

□□: 21

□□: 35.70 km

□□□□□/□□□: 40 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

□□□□□/□: 36 (of 48)

□□□□□□: 1:36:59

□□□□:

□□□□□: 8(of 11)

TM 25

□□□□□□□: 1:52:30

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Wechsel Schw.-R	0.50	13:47	27:33	9	4:39	44	4:56	0.50	13:47	27:33	8	1:21	15	0:29
Schwimmen	0.01	3:48	380:00	7	2:01	43	3:26	0.51	17:35	34:28	8	1:07	15	1:21
Schwimmen □□□	0.51	17:35												
Runde Rad	2.00	5:58	2:59	6	1:04	33	1:39	2.51	23:33	9:22	8	1:51	15	1:46
Runde Rad	8.70	22:45	2:36	8	3:02	38	5:53	11.21	46:18	4:07	8	4:53	15	2:01
Runde Rad	8.70	24:20	2:47	10	3:35	43	6:28	19.91	1:10:38	3:32	8	8:05	15	3:54
Wechsel Rad-Lau	8.70	26:02	2:59	10	5:21	44	7:46	28.61	1:36:40	3:22	8	12:56	14	5:07
Rad	0.01	0:06	10:00	4	0:04	15	0:04	28.62	1:36:46	3:22	8	12:37	14	5:04
Rad □□□	28.11	1:19:11												
Runde Lauf	2.40	12:58	5:24	3	12:48	24	12:48	31.02	1:49:44	3:32	8	16:33	14	2:37
Runde Lauf	2.40	13:05	5:27	3	3:20	20	3:20	33.42	2:02:49	3:40	8	19:53	14	1:28
Lauf	2.28	12:31	5:29	2	2:57	18	2:57	35.70	2:15:20	3:47	8	22:50	36	38:21
Lauf □□□	35.19	2:15:20												