



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

0000

Mooz, Benjamin

000: 2:17:30

00: Rudolstadt

00: 24

00: 35.70 km

Hexengrund-Triathlon 0.5-30.0-7.5

00000/000: 41 (of 54)

00000/0: 37 (of 48)

000000: 1:36:59

0000:

TM 30

00000: 8(of 8)

0000000: 1:48:35

0000

0000

000

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	12:00	24:00	5	2:02	24	3:09	0.50	12:00	24:00	8	1:09	16	
Schwimmen	0.01	2:32	253:19	5	1:07	29	2:10	0.51	14:32	28:29	8	1:05	16	
Schwimmen 000	0.51	14:32												
Runde Rad	2.00	6:20	3:09	8	1:34	44	2:01	2.51	20:52	8:18	8	2:39	16	
Runde Rad	8.70	23:50	2:44	8	6:58	44	6:58	11.21	44:42	3:59	8	9:37	16	0:25
Runde Rad	8.70	23:45	2:43	7	4:55	39	5:53	19.91	1:08:27	3:26	8	14:32	16	1:43
Wechsel Rad-Lau	8.70	23:27	2:41	8	3:57	34	5:11	28.61	1:31:54	3:12	8	18:29	15	0:21
Rad	0.01	0:13	21:40	4	0:11	26	0:11	28.62	1:32:07	3:13	8	18:21	15	0:25
Rad 000	28.11	1:17:35												
Runde Lauf	2.40	14:47	6:09	6	4:30	36	14:37	31.02	1:46:54	3:26	8	21:40	15	
Runde Lauf	2.40	15:13	6:20	7	4:02	36	5:28	33.42	2:02:07	3:39	8	25:11	15	0:46
Lauf	2.28	15:23	6:44	8	3:58	36	5:49	35.70	2:17:30	3:51	8	28:55	37	40:31
Lauf 000	35.19	2:17:30												