



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Mooz, Benjamin

□□□: 2:17:30

□□: Rudolstadt

□□: 24

□□: 35.70 km

Hexengrund-Triathlon 0.5-30.0-7.5

□□□□□/□□□: 41 (of 54)

□□□□□/□: 37 (of 48)

□□□□□□: 1:36:59

□□□□:

TM 30

□□□□□: 8(of 8)

□□□□□□□: 1:48:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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 □□□	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 □□□	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 □□□	35.19	2:17:30													