



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

0000

Schröder, Johannes

000: 2:18:21

00: SV 1956 Großkochberg

00: 47

00: 35.70 km

00000/000: 42 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 38 (of 48)

000000: 1:36:59

0000:

00000: 9(of 11)

TM 25

0000000: 1:52:30

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	10:47	21:33	2	1:39	12	1:56	0.50	10:47	21:33	9		17	
Schwimmen	0.01	2:01	201:39	3	0:14	18	1:39	0.51	12:48	25:05	9		17	
Schwimmen 000	0.51	12:48												
Runde Rad	2.00	6:03	3:01	8	1:09	36	1:44	2.51	18:51	7:30	9		17	
Runde Rad	8.70	21:31	2:28	5	1:48	26	4:39	11.21	40:22	3:36	9		17	
Runde Rad	8.70	22:45	2:36	6	2:00	32	4:53	19.91	1:03:07	3:10	9	0:34	17	
Wechsel Rad-Lau	8.70	22:41	2:36	7	2:00	29	4:25	28.61	1:25:48	2:59	9	2:04	16	
Rad	0.01	0:02	3:19	1	-	1	-	28.62	1:25:50	2:59	9	1:41	16	
Rad 000	28.11	1:13:02												
Runde Lauf	2.40	16:01	6:40	11	15:51	43	15:51	31.02	1:41:51	3:17	9	8:40	16	
Runde Lauf	2.40	17:46	7:24	10	8:01	43	8:01	33.42	1:59:37	3:34	9	16:41	16	
Lauf	2.28	18:44	8:12	10	9:10	44	9:10	35.70	2:18:21	3:52	9	25:51	38	41:22
Lauf 000	35.19	2:18:21												