



# Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Möller, Gunter

□□□: 2:21:42

□□: SV 1956 Großkochberg

□□: 23

□□: 35.70 km

□□□□□/□□□: 44 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

□□□□□/□: 40 (of 48)

□□□□□□: 1:36:59

□□□□:

□□□□□: 2(of 2)

TM 55, Senioren 4

□□□□□□□: 2:04:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Wechsel Schw.-R	0.50	16:11	32:22	2	4:02	47	7:20	0.50	16:11	32:22	2	4:02	19	2:53	
Schwimmen	0.01	3:27	345:00	2	1:17	41	3:05	0.51	19:38	38:29	2	5:19	19	3:24	
Schwimmen □□□	0.51	19:38													
Runde Rad	2.00	6:19	3:09	2	0:12	43	2:00	2.51	25:57	10:20	2	5:31	19	4:10	
Runde Rad	8.70	23:33	2:42	2	1:34	42	6:41	11.21	49:30	4:24	2	7:05	19	5:13	
Runde Rad	8.70	23:46	2:43	2	0:48	41	5:54	19.91	1:13:16	3:40	2	7:53	19	6:32	
Wechsel Rad-Lau	8.70	24:27	2:48	2	0:32	39	6:11	28.61	1:37:43	3:24	2	8:25	18	6:10	
Rad	0.01	0:06	10:00	2	0:03	15	0:04	28.62	1:37:49	3:25	2	8:28	18	6:07	
Rad □□□	28.11	1:18:11													
Runde Lauf	2.40	14:16	5:56	2	2:44	35	14:06	31.02	1:52:05	3:36	2	11:12	18	4:58	
Runde Lauf	2.40	14:44	6:08	2	2:59	33	4:59	33.42	2:06:49	3:47	2	14:11	18	5:28	
Lauf	2.28	14:53	6:31	2	3:21	33	5:19	35.70	2:21:42	3:58	2	17:32	40	44:43	
Lauf □□□	35.19	2:21:42													