



# Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Dudda, Carsten

000: 2:23:42

00: Hamburg

00: 12

00: 35.70 km

Hexengrund-Triathlon 0.5-30.0-7.5

00000/000: 45 (of 54)

00000/0: 41 (of 48)

000000: 1:36:59

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TM 45, Senioren 2

00000: 6(of 8)

0000000: 1:36:59

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Wechsel Schw.-R	0.50	20:24	40:47	8	11:33	48	11:33	0.50	20:24	40:47	7	11:33	20	7:06
Schwimmen	0.01	2:20	233:20	6	1:58	24	1:58	0.51	22:44	44:34	7	13:01	20	6:30
Schwimmen 000	0.51	22:44												
Runde Rad	2.00	5:42	2:51	6	1:23	26	1:23	2.51	28:26	11:19	7	14:24	20	6:39
Runde Rad	8.70	23:23	2:41	7	6:15	41	6:31	11.21	51:49	4:37	7	20:39	20	7:32
Runde Rad	8.70	23:41	2:43	7	5:32	38	5:49	19.91	1:15:30	3:47	7	26:11	20	8:46
Wechsel Rad-Lau	8.70	24:38	2:49	7	5:57	40	6:22	28.61	1:40:08	3:29	7	32:08	19	8:35
Rad	0.01	0:03	5:00	1	-	5	0:01	28.62	1:40:11	3:30	7	32:03	19	8:29
Rad 000	28.11	1:17:27												
Runde Lauf	2.40	13:35	5:39	7	4:04	30	13:25	31.02	1:53:46	3:40	7	36:07	19	6:39
Runde Lauf	2.40	14:50	6:10	6	5:05	34	5:05	33.42	2:08:36	3:50	6	41:12	19	7:15
Lauf	2.28	15:06	6:37	6	5:31	34	5:32	35.70	2:23:42	4:01	6	46:43	41	46:43
Lauf 000	35.19	2:23:42												