



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Eberhardt, Marco

□□□: 2:26:26

□□: SV 1956 Großkochberg e.V.

□□: 2

□□: 35.70 km

□□□□□/□□□: 47 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

□□□□□/□: 43 (of 48)

□□□□□□: 1:36:59

□□□□:

□□□□□: 10(of 11)

TM 25

□□□□□□□: 1:52:30

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Wechsel Schw.-R	0.50	13:52	27:44	10	4:44	45	5:01	0.50	13:52	27:44	10	1:26	22	0:34
Schwimmen	0.01	4:27	445:00	10	2:40	47	4:05	0.51	18:19	35:54	10	1:51	22	2:05
Schwimmen □□□	0.51	18:19												
Runde Rad	2.00	6:10	3:05	10	1:16	40	1:51	2.51	24:29	9:45	10	2:47	22	2:42
Runde Rad	8.70	22:57	2:38	9	3:14	39	6:05	11.21	47:26	4:13	10	6:01	22	3:09
Runde Rad	8.70	23:34	2:42	8	2:49	36	5:42	19.91	1:11:00	3:33	10	8:27	22	4:16
Wechsel Rad-Lau	8.70	24:41	2:50	9	4:00	41	6:25	28.61	1:35:41	3:20	10	11:57	21	4:08
Rad	0.01	0:05	8:19	3	0:03	11	0:03	28.62	1:35:46	3:20	10	11:37	21	4:04
Rad □□□	28.11	1:17:27												
Runde Lauf	2.40	15:06	6:17	9	14:56	39	14:56	31.02	1:50:52	3:34	10	17:41	21	3:45
Runde Lauf	2.40	18:02	7:30	11	8:17	44	8:17	33.42	2:08:54	3:51	10	25:58	21	7:33
Lauf	2.28	17:32	7:41	9	7:58	43	7:58	35.70	2:26:26	4:06	10	33:56	43	49:27
Lauf □□□	35.19	2:26:26												