



# Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Rothe, Mike

000: 2:34:03

00: Crimmitschau

00: 40

00: 35.70 km

00000/000: 48 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 44 (of 48)

000000: 1:36:59

0000:

00000: 11(of 11)

TM 25

0000000: 1:52:30

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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	13:08	26:15	7	4:00	39	4:17	0.50	13:08	26:15	11	0:42	23	
Schwimmen	0.01	2:59	298:19	4	1:12	36	2:37	0.51	16:07	31:36	11		23	
Schwimmen 000	0.51	16:07												
Runde Rad	2.00	6:11	3:05	11	1:17	41	1:52	2.51	22:18	8:53	11	0:36	23	0:31
Runde Rad	8.70	25:05	2:52	11	5:22	46	8:13	11.21	47:23	4:13	11	5:58	23	3:06
Runde Rad	8.70	27:13	3:07	11	6:28	47	9:21	19.91	1:14:36	3:44	11	12:03	23	7:52
Wechsel Rad-Lau	8.70	27:56	3:12	11	7:15	46	9:40	28.61	1:42:32	3:35	11	18:48	22	10:59
Rad	0.01	0:30	50:00	9	0:28	37	0:28	28.62	1:43:02	3:36	11	18:53	22	11:20
Rad 000	28.11	1:26:55												
Runde Lauf	2.40	15:55	6:37	10	15:45	41	15:45	31.02	1:58:57	3:50	11	25:46	22	11:50
Runde Lauf	2.40	17:45	7:23	9	8:00	42	8:00	33.42	2:16:42	4:05	11	33:46	22	15:21
Lauf	2.28	17:21	7:36	8	7:47	41	7:47	35.70	2:34:03	4:18	11	41:33	44	57:04
Lauf 000	35.19	2:34:03												