



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

0000

Kränkell, Ines

000: 2:38:19

00: Dachau

00: 16

00: 35.70 km

Hexengrund-Triathlon 0.5-30.0-7.5

00000/000: 50 (of 54)

00000/0: 5 (of 6)

000000: 1:54:58

0000:

TW 45, Seniorinnen 2

00000: 1(of 1)

0000000: 2:38:19

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	11:51	23:41	1	-	3	2:38	0.50	11:51	23:41	1	-	5	1:25
Schwimmen	0.01	2:47	278:19	1	-	5	1:48	0.51	14:38	28:41	1	-	5	3:13
Schwimmen 000	0.51	14:38												
Runde Rad	2.00	7:27	3:43	1	-	6	2:30	2.51	22:05	8:47	1	-	5	5:43
Runde Rad	8.70	28:23	3:15	1	-	6	7:44	11.21	50:28	4:30	1	-	5	13:27
Runde Rad	8.70	28:40	3:17	1	-	6	8:23	19.91	1:19:08	3:58	1	-	5	21:50
Wechsel Rad-Lau	8.70	29:50	3:25	1	-	6	9:14	28.61	1:48:58	3:48	1	-	5	31:04
Rad	0.01	0:08	13:19	1	-	3	0:06	28.62	1:49:06	3:48	1	-	5	31:03
Rad 000	28.11	1:34:28												
Runde Lauf	2.40	15:48	6:35	1	-	6	4:09	31.02	2:04:54	4:01	1	-	5	35:08
Runde Lauf	2.40	16:57	7:03	1	-	6	4:56	33.42	2:21:51	4:14	1	-	5	39:33
Lauf	2.28	16:28	7:13	1	-	5	4:25	35.70	2:38:19	4:26	1	-	5	43:21
Lauf 000	35.19	2:38:19												