



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Eberhardt, Kristina

000: 2:41:10

00: Uhlstädt-Kirchhasel

00: 33

00: 35.70 km

00000/000: 51 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

00000/0: 6 (of 6)

000000: 1:54:58

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00000: 1(of 1)

TW 20

0000000: 2:41:10

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Wechsel Schw.-R	0.50	15:48	31:36	1	-	6	6:35	0.50	15:48	31:36	1	-	6	5:22
Schwimmen	0.01	5:10	516:39	1	-	6	4:11	0.51	20:58	41:06	1	-	6	9:33
Schwimmen 000	0.51	20:58												
Runde Rad	2.00	6:34	3:16	1	-	5	1:37	2.51	27:32	10:58	1	-	6	11:10
Runde Rad	8.70	27:03	3:06	1	-	5	6:24	11.21	54:35	4:52	1	-	6	17:34
Runde Rad	8.70	28:24	3:15	1	-	5	8:07	19.91	1:22:59	4:10	1	-	6	25:41
Wechsel Rad-Lau	8.70	29:34	3:23	1	-	5	8:58	28.61	1:52:33	3:56	1	-	6	34:39
Rad	0.01	0:37	61:40	1	-	6	0:35	28.62	1:53:10	3:57	1	-	6	35:07
Rad 000	28.11	1:32:12												
Runde Lauf	2.40	14:36	6:04	1	-	5	2:57	31.02	2:07:46	4:07	1	-	6	38:00
Runde Lauf	2.40	16:27	6:51	1	-	5	4:26	33.42	2:24:13	4:18	1	-	6	41:55
Lauf	2.28	16:57	7:26	1	-	6	4:54	35.70	2:41:10	4:30	1	-	6	46:12
Lauf 000	35.19	2:41:10												