



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Team DoDo

□□□: 2:55:24

□□: Team DoDo

□□: 305

□□: 47.10 km

□□□□□/□□□: 7 (of 10)

Hexengrund-Triathlon Staffel 0.8-38-10

□□□□□/□□□: 7 (of 10)

□□□□□□: 2:31:27

□□□□:

□□□□□: 7(of 10)

Staffel

□□□□□□□: 2:31:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Wechsel Schw.-R	0.80	20:44	25:55	4	5:03	4	5:03	0.80	20:44	25:55	7	5:03	7	5:03
Schwimmen	0.01	0:24	40:00	2	0:02	2	0:02	0.81	21:08	26:05	7	4:44	7	4:44
Schwimmen □□□	0.81	21:08												
Runde Rad	2.00	5:05	2:32	4	0:12	4	0:12	2.81	26:13	9:19	7	4:56	7	4:56
Runde Rad	8.70	22:06	2:32	4	0:51	4	0:51	11.51	48:19	4:11	3		3	
Runde Rad	8.70	24:04	2:45	5	2:14	5	2:14	20.21	1:12:23	3:34	3	0:45	3	0:45
Runde Rad	8.70	26:56	3:05	5	5:46	5	5:46	28.91	1:39:19	3:26	3	5:33	3	5:33
Wechsel Rad-Lau	8.70	26:16	3:01	5	4:25	5	4:25	37.61	2:05:35	3:20	7	15:16	7	15:16
Rad	0.01	0:03	5:00	3	0:01	3	0:01	37.62	2:05:38	3:20	7	15:16	7	15:16
Rad □□□	36.81	1:44:30												
Runde Lauf	2.40	9:51	4:06	6	0:51	6	0:51	40.02	2:15:29	3:23	7	16:07	7	16:07
Runde Lauf	2.40	16:06	6:42	6	5:52	6	5:52	42.42	2:31:35	3:34	3	13:56	3	13:56
Runde Lauf	2.40	12:46	5:19	3	2:19	3	2:19	44.82	2:44:21	3:40	3	16:15	3	16:15
Lauf	2.28	11:03	4:50	1	-	1	-	47.10	2:55:24	3:43	7	23:57	7	23:57
Lauf □□□	46.29	2:55:24												