



# Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Engerda

000: 3:00:17

00: Engerda

00: 306

00: 47.10 km

Hexengrund-Triathlon Staffel 0.8-38-10

00000/000: 9 (of 10)

00000/000: 9 (of 10)

000000: 2:31:27

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00000: 9(of 10)

Staffel

0000000: 2:31:27

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Wechsel Schw.-R	0.80	25:21	31:41	10	9:40	10	9:40	0.80	25:21	31:41	9	9:40	9	9:40
Schwimmen	0.01	0:22	36:39	1	-	1	-	0.81	25:43	31:44	9	9:19	9	9:19
Schwimmen 000	0.81	25:43												
Runde Rad	2.00	5:25	2:42	8	0:32	8	0:32	2.81	31:08	11:04	9	9:51	9	9:51
Runde Rad	8.70	21:15	2:26	1	-	1	-	11.51	52:23	4:33	5	2:58	5	2:58
Runde Rad	8.70	22:28	2:34	3	0:38	3	0:38	20.21	1:14:51	3:42	5	3:13	5	3:13
Runde Rad	8.70	23:18	2:40	3	2:08	3	2:08	28.91	1:38:09	3:23	5	4:23	5	4:23
Wechsel Rad-Lau	8.70	23:45	2:43	2	1:54	2	1:54	37.61	2:01:54	3:14	9	11:35	9	11:35
Rad	0.01	0:03	5:00	3	0:01	3	0:01	37.62	2:01:57	3:14	9	11:35	9	11:35
Rad 000	36.81	1:36:14												
Runde Lauf	2.40	12:20	5:08	9	3:20	9	3:20	40.02	2:14:17	3:21	9	14:55	9	14:55
Runde Lauf	2.40	14:59	6:14	4	4:45	4	4:45	42.42	2:29:16	3:31	5	11:37	5	11:37
Runde Lauf	2.40	16:07	6:42	5	5:40	5	5:40	44.82	2:45:23	3:41	5	17:17	5	17:17
Lauf	2.28	14:54	6:32	5	3:51	5	3:51	47.10	3:00:17	3:49	9	28:50	9	28:50
Lauf 000	46.29	3:00:17												