



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

0000

Ilmenau 1

000: 3:36:51

00: Ilmenau 1

00: 309

00: 47.10 km

Hexengrund-Triathlon Staffel 0.8-38-10

00000/000: 10 (of 10)

00000/000: 10 (of 10)

000000: 2:31:27

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00000: 10(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	23:21	29:11	9	7:40	9	7:40	0.80	23:21	29:11	10	7:40	10	7:40
Schwimmen	0.01	0:45	75:00	6	0:23	6	0:23	0.81	24:06	29:45	10	7:42	10	7:42
Schwimmen 000	0.81	24:06												
Runde Rad	2.00	6:55	3:27	10	2:02	10	2:02	2.81	31:01	11:02	10	9:44	10	9:44
Runde Rad	8.70	30:59	3:33	6	9:44	6	9:44	11.51	1:02:00	5:23	6	12:35	6	12:35
Runde Rad	8.70	35:49	4:07	6	13:59	6	13:59	20.21	1:37:49	4:50	6	26:11	6	26:11
Runde Rad	8.70	35:34	4:05	6	14:24	6	14:24	28.91	2:13:23	4:36	6	39:37	6	39:37
Wechsel Rad-Lau	8.70	34:47	3:59	6	12:56	6	12:56	37.61	2:48:10	4:28	10	57:51	10	57:51
Rad	0.01	0:03	5:00	3	0:01	3	0:01	37.62	2:48:13	4:28	10	57:51	10	57:51
Rad 000	36.81	2:24:07												
Runde Lauf	2.40	10:35	4:24	7	1:35	7	1:35	40.02	2:58:48	4:28	10	59:26	10	59:26
Runde Lauf	2.40	11:55	4:57	3	1:41	3	1:41	42.42	3:10:43	4:29	6	53:04	6	53:04
Runde Lauf	2.40	13:05	5:27	4	2:38	4	2:38	44.82	3:23:48	4:32	6	55:42	6	55:42
Lauf	2.28	13:03	5:43	4	2:00	4	2:00	47.10	3:36:51	4:36	10	1:05:24	10	1:05:24
Lauf 000	46.29	3:36:51												