



Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Stoppe, Mario

□□□: 1:48:13

□□: Tri-Power-Schleiz

□□: 45

□□: 35.70 km

Hexengrund-Triathlon 0.5-30.0-7.5

□□□□□/□□□: 5 (of 54)

□□□□□/□: 5 (of 48)

□□□□□□: 1:36:59

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TM 40, Senioren 1

□□□□□: 1(of 8)

□□□□□□□: 1:48:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Wechsel Schw.-R	0.50	9:28	18:56	2	0:09	6	0:37	0.50	9:28	18:56	2	-	32	
Schwimmen	0.01	1:24	140:00	1	-	7	1:02	0.51	10:52	21:18	2	-	32	
Schwimmen □□□	0.51	10:52												
Runde Rad	2.00	4:52	2:25	1	-	5	0:33	2.51	15:44	6:16	1	-	31	
Runde Rad	8.70	18:47	2:09	2	1:30	7	1:55	11.21	34:31	3:04	1	-	31	
Runde Rad	8.70	18:57	2:10	2	1:05	7	1:05	19.91	53:28	2:41	1	-	31	
Wechsel Rad-Lau	8.70	19:13	2:12	2	0:40	5	0:57	28.61	1:12:41	2:32	1	-	29	
Rad	0.01	0:26	43:20	5	0:24	33	0:24	28.62	1:13:07	2:33	1	-	29	
Rad □□□	28.11	1:02:15												
Runde Lauf	2.40	11:24	4:45	1	-	12	11:14	31.02	1:24:31	2:43	1	-	29	
Runde Lauf	2.40	11:51	4:56	1	-	13	2:06	33.42	1:36:22	2:53	1	-	28	
Lauf	2.28	11:51	5:11	1	-	12	2:17	35.70	1:48:13	3:01	1	-	5	11:14
Lauf □□□	35.19	1:48:13												