



# Hexengrund-Triathlon Engerda 2012

Engerda / 08.09.2012

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Reuter, Steve

□□□: 1:48:35

□□: ohne Verein - Ort: Catharinau

□□: 26

□□: 35.70 km

□□□□□/□□□: 6 (of 54)

Hexengrund-Triathlon 0.5-30.0-7.5

□□□□□/□: 6 (of 48)

□□□□□□: 1:36:59

□□□□:

□□□□□: 1(of 8)

TM 30

□□□□□□□: 1:48:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Wechsel Schw.-R	0.50	10:51	21:41	2	0:53	13	2:00	0.50	10:51	21:41	1	-	33		
Schwimmen	0.01	2:36	260:00	6	1:11	30	2:14	0.51	13:27	26:22	1	-	33		
Schwimmen □□□	0.51	13:27													
Runde Rad	2.00	4:46	2:23	1	-	4	0:27	2.51	18:13	7:15	1	-	32		
Runde Rad	8.70	16:52	1:56	1	-	1	-	11.21	35:05	3:07	1	-	32		
Runde Rad	8.70	18:50	2:09	1	-	5	0:58	19.91	53:55	2:42	1	-	32		
Wechsel Rad-Lau	8.70	19:30	2:14	1	-	6	1:14	28.61	1:13:25	2:33	1	-	30		
Rad	0.01	0:21	35:00	6	0:19	29	0:19	28.62	1:13:46	2:34	1	-	30		
Rad □□□	28.11	1:00:19													
Runde Lauf	2.40	11:28	4:46	2	1:11	13	11:18	31.02	1:25:14	2:44	1	-	30		
Runde Lauf	2.40	11:42	4:52	2	0:31	11	1:57	33.42	1:36:56	2:54	1	-	29		
Lauf	2.28	11:39	5:06	2	0:14	11	2:05	35.70	1:48:35	3:02	1	-	6	11:36	
Lauf □□□	35.19	1:48:35													