



4. Hexengrund Triathlon

Engerda / 13.09.2014

0000

Seidel, Gunnar

000: 2:23:10

00: Skiklub Oker

00: 34

00: 37.00 km

00000/000: 42 (of 56)

Hexengrund-Triathlon 0,5-29,0-7,5

00000/0: 36 (of 45)

000000: 1:38:12

0000:

00000: 5(of 5)

TM 50, Senioren 3

0000000: 1:38:12

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|-----------|-------|---------|--------|----|-------|----|-------|-------|---------|--------|----|-------|----|-------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Schwimmen | 0.50 | 10:55 | 21:49 | 3 | 2:38 | 9 | 2:38 | 0.50 | 10:55 | 21:49 | 5 | 2:38 | 22 | |
| Rad | 29.00 | 1:26:13 | 2:58 | 5 | 26:30 | 37 | 32:43 | 29.50 | 1:37:08 | 3:17 | 5 | 29:08 | 22 | |
| Lauf | 7.50 | 46:02 | 6:08 | 5 | 15:52 | 43 | 36:13 | 37.00 | 2:23:10 | 3:52 | 5 | 44:58 | 36 | 44:58 |