

14. Powertriathlon Gera



Die Ritter Damen Generation □□□: 3:10:07

□□: Die Ritter Damen Generation

□□: 392

_____: 23 (of 24) □□: 51.50 km _____: 23 (of 24) Staffel 1,5-40-10 □□□□□□: 2:17:59

□□□□: 23(of 24) ____: 2:17:59 Staffel

	km		km/h	-	-			km		km/h	-	-		
Schwimmen	1.50	40:26	1.48	24	24:11	24	24:11	1.50	40:26	1.48	3	12:09	3	12:09
Rad	40.00	1:26:53	27.62	23	26:05	23	26:05	41.50	2:07:19	19.32	3	22:52	3	22:52
Lauf	10.00	1:02:48	9.55	23	20:03	23	20:03	51.50	3:10:07	16.10	23	52:08	23	52:08