



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

SPORT macht SPASS

000: 2:16:05

00: 312

00: 48.80 km

Hexengrund-Triathlon Staffel 48,8 km

00000: 2 (of 15)

000000: 2:13:36

0000:

00000: 1(of 6)

Mixstaffel

0000000: 2:16:05

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.80	17:12	21:29	2	1:46	3	6:35	0.80	17:12	21:29	2	1:46	3	6:35
Wechsel Schw.-R	-	0:30	-	5	0:05	9	0:07	0.80	17:42	22:07	2	1:49	3	6:40
Schwimmen 000	0.80	17:42	22:07	2	1:49	3	6:40	0.80	17:42	22:07	2	1:49	3	6:40
Vorrunde Rad	2.00	3:51	1:55	1	-	1	-	2.80	21:33	7:41	2	0:51	3	5:52
Runde Rad	9.00	17:42	1:57	1	-	1	-	11.80	39:15	3:19	1	-	2	5:26
Runde Rad	9.00	18:10	2:01	1	-	1	-	20.80	57:25	2:45	1	-	1	-
Runde Rad	9.00	18:07	2:00	1	-	1	-	29.80	1:15:32	2:32	1	-	1	-
Runde Rad	9.00	18:09	2:00	1	-	1	-	38.80	1:33:41	2:24	1	-	1	-
Wechsel Rad-Lau	-	0:08	-	2	0:02	2	0:02	38.80	1:33:49	2:25	1	-	1	-
Rad 000	38.00	1:16:07	2:00	1	-	2	1:16:07	38.80	1:33:49	2:25	1	-	1	-
Runde Lauf	2.50	10:34	4:13	4	2:18	7	2:33	41.30	1:44:23	2:31	1	-	1	-
Runde Lauf	2.50	10:47	4:18	4	1:47	6	3:00	43.80	1:55:10	2:37	1	-	1	-
Runde Lauf	2.50	10:47	4:18	3	1:43	5	2:53	46.30	2:05:57	2:43	1	-	2	0:18
Runde Lauf	2.50	10:08	4:03	3	1:21	4	2:11	48.80	2:16:05	2:47	1	-	2	2:29
Lauf 000	10.00	42:16	4:13	4	7:09	6	10:37	48.80	2:16:05	2:47	1	-	2	2:29