



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

The White Lightning

000: 2:20:30

00: 315

00: 48.80 km

Hexengrund-Triathlon Staffel 48,8 km

00000: 3 (of 15)

000000: 2:13:36

0000:

Mixstaffel

00000: 2(of 6)

0000000: 2:16:05

0000

0000

000

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	17:58	22:27	3	2:32	4	7:21	0.80	17:58	22:27	3	2:32	4	7:21
Wechsel Schw.-R	-	0:25	-	1	-	2	0:02	0.80	18:23	22:58	3	2:30	4	7:21
Schwimmen 000	0.80	18:23	22:58	3	2:30	4	7:21	0.80	18:23	22:58	3	2:30	4	7:21
Vorrunde Rad	2.00	4:22	2:10	2	0:31	2	0:31	2.80	22:45	8:07	3	2:03	4	7:04
Runde Rad	9.00	18:57	2:06	2	1:15	3	1:15	11.80	41:42	3:32	3	2:27	4	7:53
Runde Rad	9.00	19:48	2:12	3	1:38	3	1:38	20.80	1:01:30	2:57	3	4:05	3	4:05
Runde Rad	9.00	19:40	2:11	3	1:33	4	1:33	29.80	1:21:10	2:43	3	5:38	3	5:38
Runde Rad	9.00	20:39	2:17	4	2:30	7	2:30	38.80	1:41:49	2:37	3	8:08	4	8:08
Wechsel Rad-Lau	-	0:11	-	5	0:05	10	0:05	38.80	1:42:00	2:37	3	8:11	4	8:11
Rad 000	38.00	1:23:37	2:12	2	7:30	3	1:23:37	38.80	1:42:00	2:37	3	8:11	4	8:11
Runde Lauf	2.50	9:18	3:43	2	1:02	3	1:17	41.30	1:51:18	2:41	2	6:55	3	6:55
Runde Lauf	2.50	9:51	3:56	2	0:51	3	2:04	43.80	2:01:09	2:45	2	5:59	3	5:59
Runde Lauf	2.50	9:47	3:54	2	0:43	3	1:53	46.30	2:10:56	2:49	2	4:59	3	5:17
Runde Lauf	2.50	9:34	3:49	2	0:47	3	1:37	48.80	2:20:30	2:52	2	4:25	3	6:54
Lauf 000	10.00	38:30	3:51	2	3:23	3	6:51	48.80	2:20:30	2:52	2	4:25	3	6:54