



Hexengrund-Triathlon

Engerda / 10.09.2022

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Engelmix

000: 2:24:39

00: Laufclub Rudolstadt e.V.

00: 313

00: 48.80 km

Hexengrund-Triathlon Staffel 48,8 km

00000: 4 (of 15)

000000: 2:13:36

0000:

00000: 3(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	21:46	27:12	6	6:20	12	11:09	0.80	21:46	27:12	6	6:20	12	11:09
Wechsel Schw.-R	-	0:29	-	4	0:04	8	0:06	0.80	22:15	27:48	6	6:22	12	11:13
Schwimmen 000	0.80	22:15	27:48	6	6:22	12	11:13	0.80	22:15	27:48	6	6:22	12	11:13
Vorrunde Rad	2.00	4:28	2:14	3	0:37	3	0:37	2.80	26:43	9:32	5	6:01	11	11:02
Runde Rad	9.00	19:54	2:12	4	2:12	6	2:12	11.80	46:37	3:57	5	7:22	7	12:48
Runde Rad	9.00	20:34	2:17	6	2:24	8	2:24	20.80	1:07:11	3:13	5	9:46	7	9:46
Runde Rad	9.00	20:53	2:19	5	2:46	8	2:46	29.80	1:28:04	2:57	5	12:32	8	12:32
Runde Rad	9.00	21:20	2:22	5	3:11	8	3:11	38.80	1:49:24	2:49	5	15:43	8	15:43
Wechsel Rad-Lau	-	0:08	-	2	0:02	2	0:02	38.80	1:49:32	2:49	5	15:43	8	15:43
Rad 000	38.00	1:27:17	2:17	5	11:10	8	1:27:17	38.80	1:49:32	2:49	5	15:43	8	15:43
Runde Lauf	2.50	8:16	3:18	1	-	2	0:15	41.30	1:57:48	2:51	5	13:25	7	13:25
Runde Lauf	2.50	9:00	3:36	1	-	2	1:13	43.80	2:06:48	2:53	5	11:38	6	11:38
Runde Lauf	2.50	9:04	3:37	1	-	2	1:10	46.30	2:15:52	2:56	3	9:55	4	10:13
Runde Lauf	2.50	8:47	3:30	1	-	2	0:50	48.80	2:24:39	2:57	3	8:34	4	11:03
Lauf 000	10.00	35:07	3:30	1	-	2	3:28	48.80	2:24:39	2:57	3	8:34	4	11:03