



Hexengrund-Triathlon

Engerda / 10.09.2022

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Zwäauswertscheeneinheimischer

000: 2:27:54

00: 310

00: 48.80 km

Hexengrund-Triathlon Staffel 48,8 km

00000: 5 (of 15)

000000: 2:13:36

0000:

00000: 4(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	20:47	25:58	4	5:21	7	10:10	0.80	20:47	25:58	4	5:21	7	10:10
Wechsel Schw.-R	-	0:26	-	2	0:01	4	0:03	0.80	21:13	26:31	4	5:20	7	10:11
Schwimmen 000	0.80	21:13	26:31	4	5:20	7	10:11	0.80	21:13	26:31	4	5:20	7	10:11
Vorrunde Rad	2.00	4:39	2:19	4	0:48	5	0:48	2.80	25:52	9:14	4	5:10	7	10:11
Runde Rad	9.00	19:55	2:12	5	2:13	7	2:13	11.80	45:47	3:52	4	6:32	6	11:58
Runde Rad	9.00	20:17	2:15	4	2:07	5	2:07	20.80	1:06:04	3:10	4	8:39	6	8:39
Runde Rad	9.00	20:35	2:17	4	2:28	7	2:28	29.80	1:26:39	2:54	4	11:07	6	11:07
Runde Rad	9.00	19:55	2:12	2	1:46	4	1:46	38.80	1:46:34	2:44	4	12:53	6	12:53
Wechsel Rad-Lau	-	0:06	-	1	-	1	-	38.80	1:46:40	2:44	4	12:51	6	12:51
Rad 000	38.00	1:25:27	2:14	4	9:20	7	1:25:27	38.80	1:46:40	2:44	4	12:51	6	12:51
Runde Lauf	2.50	9:29	3:47	3	1:13	4	1:28	41.30	1:56:09	2:48	4	11:46	6	11:46
Runde Lauf	2.50	10:30	4:12	3	1:30	5	2:43	43.80	2:06:39	2:53	4	11:29	5	11:29
Runde Lauf	2.50	10:49	4:19	4	1:45	6	2:55	46.30	2:17:28	2:58	5	11:31	6	11:49
Runde Lauf	2.50	10:26	4:10	4	1:39	6	2:29	48.80	2:27:54	3:01	4	11:49	5	14:18
Lauf 000	10.00	41:14	4:07	3	6:07	5	9:35	48.80	2:27:54	3:01	4	11:49	5	14:18