



# Hexengrund-Triathlon

Engerda / 10.09.2022

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## Die glorreichen 3 machen Betrieb

000: 2:29:10

00: Thüringer am Start

00: 309

00: 48.80 km

Hexengrund-Triathlon Staffel 48,8 km

00000: 6 (of 15)

000000: 2:13:36

0000:

00000: 5(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	15:26	19:17	1	-	2	4:49	0.80	15:26	19:17	1	-	2	4:49
Wechsel Schw.-R	-	0:27	-	3	0:02	5	0:04	0.80	15:53	19:51	1	-	2	4:51
Schwimmen 000	0.80	15:53	19:51	1	-	2	4:51	0.80	15:53	19:51	1	-	2	4:51
Vorrunde Rad	2.00	4:49	2:24	5	0:58	8	0:58	2.80	20:42	7:23	1	-	2	5:01
Runde Rad	9.00	19:29	2:09	3	1:47	5	1:47	11.80	40:11	3:24	2	0:56	3	6:22
Runde Rad	9.00	19:46	2:11	2	1:36	2	1:36	20.80	59:57	2:52	2	2:32	2	2:32
Runde Rad	9.00	19:37	2:10	2	1:30	3	1:30	29.80	1:19:34	2:40	2	4:02	2	4:02
Runde Rad	9.00	20:07	2:14	3	1:58	5	1:58	38.80	1:39:41	2:34	2	6:00	2	6:00
Wechsel Rad-Lau	-	0:10	-	4	0:04	8	0:04	38.80	1:39:51	2:34	2	6:02	2	6:02
Rad 000	38.00	1:23:58	2:12	3	7:51	4	1:23:58	38.80	1:39:51	2:34	2	6:02	2	6:02
Runde Lauf	2.50	11:35	4:38	5	3:19	10	3:34	41.30	1:51:26	2:41	3	7:03	4	7:03
Runde Lauf	2.50	12:25	4:58	5	3:25	11	4:38	43.80	2:03:51	2:49	3	8:41	4	8:41
Runde Lauf	2.50	12:48	5:07	5	3:44	11	4:54	46.30	2:16:39	2:57	4	10:42	5	11:00
Runde Lauf	2.50	12:31	5:00	5	3:44	11	4:34	48.80	2:29:10	3:03	5	13:05	6	15:34
Lauf 000	10.00	49:19	4:55	5	14:12	11	17:40	48.80	2:29:10	3:03	5	13:05	6	15:34