



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Gegen uns hätten wir auch gewonnen 000: 2:48:15

00: 314

00: 48.80 km

Hexengrund-Triathlon Staffel 48,8 km

00000: 12 (of 15)

000000: 2:13:36

0000:

00000: 6(of 6)

Mixstaffel

0000000: 2:16:05

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.80	21:19	26:38	5	5:53	11	10:42	0.80	21:19	26:38	5	5:53	11	10:42
Wechsel Schw.-R	-	0:31	-	6	0:06	10	0:08	0.80	21:50	27:17	5	5:57	11	10:48
Schwimmen 000	0.80	21:50	27:17	5	5:57	11	10:48	0.80	21:50	27:17	5	5:57	11	10:48
Vorrunde Rad	2.00	4:57	2:28	6	1:06	11	1:06	2.80	26:47	9:33	6	6:05	12	11:06
Runde Rad	9.00	20:08	2:14	6	2:26	8	2:26	11.80	46:55	3:58	6	7:40	9	13:06
Runde Rad	9.00	20:26	2:16	5	2:16	6	2:16	20.80	1:07:21	3:14	6	9:56	8	9:56
Runde Rad	9.00	21:16	2:21	6	3:09	9	3:09	29.80	1:28:37	2:58	6	13:05	9	13:05
Runde Rad	9.00	21:39	2:24	6	3:30	9	3:30	38.80	1:50:16	2:50	6	16:35	9	16:35
Wechsel Rad-Lau	-	0:13	-	6	0:07	13	0:07	38.80	1:50:29	2:50	6	16:40	9	16:40
Rad 000	38.00	1:28:39	2:19	6	12:32	9	1:28:39	38.80	1:50:29	2:50	6	16:40	9	16:40
Runde Lauf	2.50	13:51	5:32	6	5:35	13	5:50	41.30	2:04:20	3:00	6	19:57	9	19:57
Runde Lauf	2.50	14:40	5:51	6	5:40	14	6:53	43.80	2:19:00	3:10	6	23:50	10	23:50
Runde Lauf	2.50	14:51	5:56	6	5:47	14	6:57	46.30	2:33:51	3:19	6	27:54	12	28:12
Runde Lauf	2.50	14:24	5:45	6	5:37	14	6:27	48.80	2:48:15	3:26	6	32:10	12	34:39
Lauf 000	10.00	57:46	5:46	6	22:39	14	26:07	48.80	2:48:15	3:26	6	32:10	12	34:39