



# Hexengrund-Triathlon

Engerda / 10.09.2022

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SLFIT

000: 2:39:41

00: SLFIT

00: 301

00: 48.80 km

Hexengrund-Triathlon Staffel 48,8 km

00000: 9 (of 15)

000000: 2:13:36

0000:

Männerstaffel

00000: 4(of 8)

0000000: 2:13:36

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.80	21:06	26:22	5	10:29	9	10:29	0.80	21:06	26:22	5	10:29	9	10:29
Wechsel Schw.-R	-	0:37	-	6	0:14	12	0:14	0.80	21:43	27:08	5	10:41	9	10:41
Schwimmen 000	0.80	21:43	27:08	5	10:41	9	10:41	0.80	21:43	27:08	5	10:41	9	10:41
Vorrunde Rad	2.00	4:50	2:24	4	0:19	9	0:59	2.80	26:33	9:28	5	10:52	9	10:52
Runde Rad	9.00	22:00	2:26	5	3:52	11	4:18	11.80	48:33	4:06	5	14:44	11	14:44
Runde Rad	9.00	22:37	2:30	5	2:43	11	4:27	20.80	1:11:10	3:25	5	7:30	11	13:45
Runde Rad	9.00	23:32	2:36	7	5:08	13	5:25	29.80	1:34:42	3:10	7	11:21	13	19:10
Runde Rad	9.00	23:54	2:39	6	5:29	12	5:45	38.80	1:58:36	3:03	6	16:50	12	24:55
Wechsel Rad-Lau	-	0:13	-	8	0:05	13	0:07	38.80	1:58:49	3:03	6	16:52	12	25:00
Rad 000	38.00	1:37:06	2:33	5	12:44	12	1:37:06	38.80	1:58:49	3:03	6	16:52	12	25:00
Runde Lauf	2.50	9:44	3:53	2	1:43	5	1:43	41.30	2:08:33	3:06	4	18:35	10	24:10
Runde Lauf	2.50	10:15	4:05	2	2:28	4	2:28	43.80	2:18:48	3:10	4	21:03	9	23:38
Runde Lauf	2.50	10:33	4:13	2	2:39	4	2:39	46.30	2:29:21	3:13	4	23:42	9	23:42
Runde Lauf	2.50	10:20	4:08	2	2:23	5	2:23	48.80	2:39:41	3:16	4	26:05	9	26:05
Lauf 000	10.00	40:52	4:05	2	9:13	4	9:13	48.80	2:39:41	3:16	4	26:05	9	26:05