



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Team der Engerschen Generatoren 000: 2:43:12

00: 304

00: 48.80 km

Hexengrund-Triathlon Staffel 48,8 km

00000: 10 (of 15)

000000: 2:13:36

0000:

00000: 5(of 8)

Männerstaffel

0000000: 2:13:36

0000

0000

000

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	22:47	28:28	8	12:10	14	12:10	0.80	22:47	28:28	8	12:10	14	12:10
Wechsel Schw.-R	-	0:28	-	3	0:05	6	0:05	0.80	23:15	29:03	8	12:13	14	12:13
Schwimmen 000	0.80	23:15	29:03	8	12:13	14	12:13	0.80	23:15	29:03	8	12:13	14	12:13
Vorrunde Rad	2.00	4:31	2:15	1	-	4	0:40	2.80	27:46	9:54	7	12:05	13	12:05
Runde Rad	9.00	21:35	2:23	4	3:27	10	3:53	11.80	49:21	4:10	7	15:32	13	15:32
Runde Rad	9.00	21:50	2:25	3	1:56	9	3:40	20.80	1:11:11	3:25	7	7:31	13	13:46
Runde Rad	9.00	22:19	2:28	4	3:55	10	4:12	29.80	1:33:30	3:08	5	10:09	11	17:58
Runde Rad	9.00	26:42	2:58	8	8:17	14	8:33	38.80	2:00:12	3:05	7	18:26	13	26:31
Wechsel Rad-Lau	-	0:09	-	3	0:01	6	0:03	38.80	2:00:21	3:06	7	18:24	13	26:32
Rad 000	38.00	1:37:06	2:33	6	12:44	13	1:37:06	38.80	2:00:21	3:06	7	18:24	13	26:32
Runde Lauf	2.50	10:31	4:12	3	2:30	6	2:30	41.30	2:10:52	3:10	6	20:54	12	26:29
Runde Lauf	2.50	10:48	4:19	3	3:01	7	3:01	43.80	2:21:40	3:14	6	23:55	12	26:30
Runde Lauf	2.50	10:54	4:21	3	3:00	7	3:00	46.30	2:32:34	3:17	6	26:55	11	26:55
Runde Lauf	2.50	10:38	4:15	3	2:41	7	2:41	48.80	2:43:12	3:20	5	29:36	10	29:36
Lauf 000	10.00	42:51	4:17	3	11:12	7	11:12	48.80	2:43:12	3:20	5	29:36	10	29:36