



Hexengrund-Triathlon

Engerda / 10.09.2022

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Junge Hirsche aus dem 'Alten Gehege'□□□: 2:43:18

□□: 307

□□: 48.80 km

Hexengrund-Triathlon Staffel 48,8 km

□□□□□: 11 (of 15)

□□□□□□: 2:13:36

□□□□:

Männerstaffel

□□□□□: 6(of 8)

□□□□□□□: 2:13:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.80	18:54	23:37	2	8:17	5	8:17	0.80	18:54	23:37	2	8:17	5	8:17
Wechsel Schw.-R	-	0:44	-	8	0:21	14	0:21	0.80	19:38	24:32	2	8:36	5	8:36
Schwimmen □□□	0.80	19:38	24:32	2	8:36	5	8:36	0.80	19:38	24:32	2	8:36	5	8:36
Vorrunde Rad	2.00	5:42	2:51	8	1:11	14	1:51	2.80	25:20	9:02	3	9:39	6	9:39
Runde Rad	9.00	22:45	2:31	7	4:37	13	5:03	11.80	48:05	4:04	4	14:16	10	14:16
Runde Rad	9.00	23:05	2:33	6	3:11	12	4:55	20.80	1:11:10	3:25	5	7:30	11	13:45
Runde Rad	9.00	23:17	2:35	6	4:53	12	5:10	29.80	1:34:27	3:10	6	11:06	12	18:55
Runde Rad	9.00	23:05	2:33	4	4:40	10	4:56	38.80	1:57:32	3:01	5	15:46	11	23:51
Wechsel Rad-Lau	-	0:09	-	3	0:01	6	0:03	38.80	1:57:41	3:01	5	15:44	11	23:52
Rad □□□	38.00	1:38:03	2:34	7	13:41	14	1:38:03	38.80	1:57:41	3:01	5	15:44	11	23:52
Runde Lauf	2.50	11:13	4:29	5	3:12	9	3:12	41.30	2:08:54	3:07	5	18:56	11	24:31
Runde Lauf	2.50	11:43	4:41	5	3:56	9	3:56	43.80	2:20:37	3:12	5	22:52	11	25:27
Runde Lauf	2.50	11:35	4:38	4	3:41	8	3:41	46.30	2:32:12	3:17	5	26:33	10	26:33
Runde Lauf	2.50	11:06	4:26	5	3:09	9	3:09	48.80	2:43:18	3:20	6	29:42	11	29:42
Lauf □□□	10.00	45:37	4:33	5	13:58	9	13:58	48.80	2:43:18	3:20	6	29:42	11	29:42