



Hexengrund-Triathlon

Engerda / 10.09.2022

□□□□

Die 4te Disziplin

□□□: 2:59:52

□□: 306

□□: 48.80 km

Hexengrund-Triathlon Staffel 48,8 km

□□□□□: 14 (of 15)

□□□□□□: 2:13:36

□□□□:

Männerstaffel

□□□□□: 8(of 8)

□□□□□□□: 2:13:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.80	22:34	28:12	7	11:57	13	11:57	0.80	22:34	28:12	7	11:57	13	11:57
Wechsel Schw.-R	-	0:23	-	1	-	1	-	0.80	22:57	28:41	7	11:55	13	11:55
Schwimmen □□□	0.80	22:57	28:41	7	11:55	13	11:55	0.80	22:57	28:41	7	11:55	13	11:55
Vorrunde Rad	2.00	5:09	2:34	7	0:38	13	1:18	2.80	28:06	10:02	8	12:25	14	12:25
Runde Rad	9.00	23:41	2:37	8	5:33	14	5:59	11.80	51:47	4:23	8	17:58	14	17:58
Runde Rad	9.00	24:12	2:41	7	4:18	13	6:02	20.80	1:15:59	3:39	8	12:19	14	18:34
Runde Rad	9.00	24:43	2:44	8	6:19	14	6:36	29.80	1:40:42	3:22	8	17:21	14	25:10
Runde Rad	9.00	25:37	2:50	7	7:12	13	7:28	38.80	2:06:19	3:15	8	24:33	14	32:38
Wechsel Rad-Lau	-	0:10	-	5	0:02	8	0:04	38.80	2:06:29	3:15	8	24:32	14	32:40
Rad □□□	38.00	1:43:32	2:43	8	19:10	15	1:43:32	38.80	2:06:29	3:15	8	24:32	14	32:40
Runde Lauf	2.50	12:46	5:06	7	4:45	12	4:45	41.30	2:19:15	3:22	8	29:17	14	34:52
Runde Lauf	2.50	13:32	5:24	7	5:45	12	5:45	43.80	2:32:47	3:29	8	35:02	14	37:37
Runde Lauf	2.50	13:45	5:30	7	5:51	12	5:51	46.30	2:46:32	3:35	8	40:53	14	40:53
Runde Lauf	2.50	13:20	5:20	7	5:23	12	5:23	48.80	2:59:52	3:41	8	46:16	14	46:16
Lauf □□□	10.00	53:23	5:20	7	21:44	12	21:44	48.80	2:59:52	3:41	8	46:16	14	46:16