



Hexengrund-Triathlon

Engerda / 10.09.2022

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Nils Morten Hennersdorf

000: 1:48:04

00: SV 1883 Schwarzta/ Schwimmen
00: 28

00: 37.00 km
Hexengrund-Triathlon 37 km

00000/000: 9 (of 74)

00000/0: 9 (of 58)

000000: 1:33:38

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AK 20 M

00000: 1(of 4)

0000000: 1:48:04

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	8:25	16:49	1	-	3	0:57	0.50	8:25	16:49	1	-	3	0:57
Wechsel Schw.-R	-	1:43	-	1	-	14	0:50	0.50	10:08	20:15	1	-	3	1:37
Schwimmen 000	0.50	10:08	20:15	1	-	3	1:37	0.50	10:08	20:15	1	-	3	1:37
Vorrunde Rad	2.00	4:59	2:29	1	-	21	0:59	2.50	15:07	6:02	1	-	3	2:04
Runde Rad	9.00	19:36	2:10	1	-	14	2:46	11.50	34:43	3:01	1	-	4	4:39
Runde Rad	9.00	19:45	2:11	2	0:18	14	2:45	20.50	54:28	2:39	1	-	8	7:07
Runde Rad	9.00	20:09	2:14	2	0:16	16	2:30	29.50	1:14:37	2:31	1	-	9	9:32
Wechsel Rad-Lau	-	1:00	-	3	0:49	42	0:54	29.50	1:15:37	2:33	1	-	9	10:09
Rad 000	29.00	1:05:29	2:15	2	0:23	20	1:05:29	29.50	1:15:37	2:33	1	-	9	10:09
Runde Laufen	2.50	10:40	4:15	1	-	9	1:34	32.00	1:26:17	2:41	1	-	9	10:56
Runde Laufen	2.50	10:55	4:21	1	-	10	1:51	34.50	1:37:12	2:49	1	-	9	12:33
Lauf	2.50	10:52	4:20	1	-	10	1:53	37.00	1:48:04	2:55	1	-	9	14:26
Lauf 000	7.50	32:27	4:19	1	-	9	5:18	37.00	1:48:04	2:55	1	-	9	14:26