



# Hexengrund-Triathlon

Engerda / 10.09.2022

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Robert Feist

000: 2:06:30

00: 3

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 33 (of 74)

00000/0: 31 (of 58)

000000: 1:33:38

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AK 30 M

00000: 4(of 6)

0000000: 1:54:21

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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	11:13	22:26	2	0:34	13	3:45	0.50	11:13	22:26	2	0:34	13	3:45
Wechsel Schw.-R	-	2:31	-	3	0:43	30	1:38	0.50	13:44	27:27	1	-	17	5:13
Schwimmen 000	0.50	13:44	27:27	1	-	17	5:13	0.50	13:44	27:27	1	-	17	5:13
Vorrunde Rad	2.00	5:20	2:39	4	0:40	31	1:20	2.50	19:04	7:37	2	0:06	20	6:01
Runde Rad	9.00	22:07	2:27	4	2:38	33	5:17	11.50	41:11	3:34	4	1:53	28	11:07
Runde Rad	9.00	21:59	2:26	4	2:34	31	4:59	20.50	1:03:10	3:04	4	3:30	28	15:49
Runde Rad	9.00	22:29	2:29	4	3:08	30	4:50	29.50	1:25:39	2:54	4	6:22	27	20:34
Wechsel Rad-Lau	-	0:25	-	4	0:17	28	0:19	29.50	1:26:04	2:55	4	6:34	27	20:36
Rad 000	29.00	1:12:20	2:29	4	8:45	36	1:12:20	29.50	1:26:04	2:55	4	6:34	27	20:36
Runde Laufen	2.50	13:25	5:21	5	1:54	37	4:19	32.00	1:39:29	3:06	4	8:26	29	24:08
Runde Laufen	2.50	13:22	5:20	5	1:35	35	4:18	34.50	1:52:51	3:16	4	10:01	30	28:12
Lauf	2.50	13:39	5:27	5	2:08	37	4:40	37.00	2:06:30	3:25	4	12:09	31	32:52
Lauf 000	7.50	40:26	5:23	5	5:37	38	13:17	37.00	2:06:30	3:25	4	12:09	31	32:52