



Hexengrund-Triathlon

Engerda / 10.09.2022

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Christian Möller

000: 2:06:55

00: VfR Jagdshof

00: 52

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 34 (of 74)

00000/0: 32 (of 58)

000000: 1:33:38

0000:

AK 30 M

00000: 5(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	13:11	26:22	3	2:32	26	5:43	0.50	13:11	26:22	3	2:32	26	5:43
Wechsel Schw.-R	-	1:49	-	2	0:01	18	0:56	0.50	15:00	30:00	3	1:16	24	6:29
Schwimmen 000	0.50	15:00	30:00	3	1:16	24	6:29	0.50	15:00	30:00	3	1:16	24	6:29
Vorrunde Rad	2.00	5:20	2:39	4	0:40	31	1:20	2.50	20:20	8:07	4	1:22	27	7:17
Runde Rad	9.00	22:24	2:29	5	2:55	34	5:34	11.50	42:44	3:42	5	3:26	32	12:40
Runde Rad	9.00	22:56	2:32	5	3:31	35	5:56	20.50	1:05:40	3:12	5	6:00	34	18:19
Runde Rad	9.00	23:49	2:38	5	4:28	37	6:10	29.50	1:29:29	3:01	5	10:12	35	24:24
Wechsel Rad-Lau	-	0:12	-	2	0:04	14	0:06	29.50	1:29:41	3:02	5	10:11	35	24:13
Rad 000	29.00	1:14:41	2:34	5	11:06	38	1:14:41	29.50	1:29:41	3:02	5	10:11	35	24:13
Runde Laufen	2.50	12:32	5:00	4	1:01	27	3:26	32.00	1:42:13	3:11	5	11:10	33	26:52
Runde Laufen	2.50	12:24	4:57	3	0:37	23	3:20	34.50	1:54:37	3:19	5	11:47	31	29:58
Lauf	2.50	12:18	4:55	2	0:47	26	3:19	37.00	2:06:55	3:25	5	12:34	32	33:17
Lauf 000	7.50	37:14	4:57	3	2:25	27	10:05	37.00	2:06:55	3:25	5	12:34	32	33:17