



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Heiner Großkreuz

000: 2:29:15

00: TSG Markkleeberg / Rolschter Jung

00: 13

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 61 (of 74)

00000/0: 50 (of 58)

000000: 1:33:38

0000:

AK 30 M

00000: 6(of 6)

0000000: 1:54:21

0000

0000

000

| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 | 000 km | 000 00 | 000 min/km | 00 - | 00 - | 00 0 | 00 0 |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 14:11 | 28:22 | 6 | 3:32 | 37 | 6:43 | 0.50 | 14:11 | 28:22 | 6 | 3:32 | 37 | 6:43 | |
| Wechsel Schw.-R | - | 3:34 | - | 6 | 1:46 | 46 | 2:41 | 0.50 | 17:45 | 35:30 | 6 | 4:01 | 39 | 9:14 | |
| Schwimmen 000 | 0.50 | 17:45 | 35:30 | 6 | 4:01 | 39 | 9:14 | 0.50 | 17:45 | 35:30 | 6 | 4:01 | 39 | 9:14 | |
| Vorrunde Rad | 2.00 | 5:40 | 2:50 | 6 | 1:00 | 42 | 1:40 | 2.50 | 23:25 | 9:22 | 6 | 4:27 | 41 | 10:22 | |
| Runde Rad | 9.00 | 23:35 | 2:37 | 6 | 4:06 | 39 | 6:45 | 11.50 | 47:00 | 4:05 | 6 | 7:42 | 41 | 16:56 | |
| Runde Rad | 9.00 | 24:15 | 2:41 | 6 | 4:50 | 43 | 7:15 | 20.50 | 1:11:15 | 3:28 | 6 | 11:35 | 42 | 23:54 | |
| Runde Rad | 9.00 | 25:05 | 2:47 | 6 | 5:44 | 44 | 7:26 | 29.50 | 1:36:20 | 3:15 | 6 | 17:03 | 43 | 31:15 | |
| Wechsel Rad-Lau | - | 1:23 | - | 5 | 1:15 | 48 | 1:17 | 29.50 | 1:37:43 | 3:18 | 6 | 18:13 | 43 | 32:15 | |
| Rad 000 | 29.00 | 1:19:58 | 2:45 | 6 | 16:23 | 49 | 1:19:58 | 29.50 | 1:37:43 | 3:18 | 6 | 18:13 | 43 | 32:15 | |
| Runde Laufen | 2.50 | 17:06 | 6:50 | 6 | 5:35 | 51 | 8:00 | 32.00 | 1:54:49 | 3:35 | 6 | 23:46 | 46 | 39:28 | |
| Runde Laufen | 2.50 | 17:05 | 6:49 | 6 | 5:18 | 52 | 8:01 | 34.50 | 2:11:54 | 3:49 | 6 | 29:04 | 47 | 47:15 | |
| Lauf | 2.50 | 17:21 | 6:56 | 6 | 5:50 | 52 | 8:22 | 37.00 | 2:29:15 | 4:02 | 6 | 34:54 | 50 | 55:37 | |
| Lauf 000 | 7.50 | 51:32 | 6:52 | 6 | 16:43 | 52 | 24:23 | 37.00 | 2:29:15 | 4:02 | 6 | 34:54 | 50 | 55:37 | |