



# Hexengrund-Triathlon

Engerda / 10.09.2022

0000

**Maria Seifert**

000: 2:52:10

00: WHY NOT?

00: 71

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 68 (of 74)

00000/0: 15 (of 16)

000000: 2:03:55

0000:

AK 30 W

00000: 2(of 2)

0000000: 2:12:03

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0000

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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  | 13:38   | 27:15  | 1  | -     | 11 | 2:56  | 0.50  | 13:38   | 27:15  | 1  | -     | 11 | 2:56  |
| Wechsel Schw.-R | -     | 5:34    | -      | 2  | 1:37  | 15 | 3:56  | 0.50  | 19:12   | 38:23  | 2  | 1:31  | 13 | 6:26  |
| Schwimmen 000   | 0.50  | 19:12   | 38:23  | 2  | 1:31  | 13 | 6:26  | 0.50  | 19:12   | 38:23  | 2  | 1:31  | 13 | 6:26  |
| Vorrunde Rad    | 2.00  | 6:13    | 3:06   | 2  | 0:32  | 13 | 1:22  | 2.50  | 25:25   | 10:10  | 2  | 2:03  | 13 | 7:11  |
| Runde Rad       | 9.00  | 28:45   | 3:11   | 2  | 4:41  | 14 | 8:14  | 11.50 | 54:10   | 4:42   | 2  | 6:44  | 14 | 13:55 |
| Runde Rad       | 9.00  | 29:40   | 3:17   | 2  | 5:42  | 15 | 8:50  | 20.50 | 1:23:50 | 4:05   | 2  | 12:26 | 14 | 22:39 |
| Runde Rad       | 9.00  | 32:53   | 3:39   | 2  | 8:54  | 15 | 10:41 | 29.50 | 1:56:43 | 3:57   | 2  | 21:20 | 14 | 32:22 |
| Wechsel Rad-Lau | -     | 1:04    | -      | 2  | 0:52  | 14 | 0:54  | 29.50 | 1:57:47 | 3:59   | 2  | 22:12 | 14 | 32:53 |
| Rad 000         | 29.00 | 1:38:35 | 3:23   | 2  | 20:41 | 15 | 26:45 | 29.50 | 1:57:47 | 3:59   | 2  | 22:12 | 14 | 32:53 |
| Runde Laufen    | 2.50  | 17:00   | 6:47   | 2  | 5:20  | 16 | 5:20  | 32.00 | 2:14:47 | 4:12   | 2  | 27:32 | 14 | 37:10 |
| Runde Laufen    | 2.50  | 16:55   | 6:46   | 2  | 4:09  | 16 | 4:41  | 34.50 | 2:31:42 | 4:23   | 2  | 31:41 | 15 | 40:52 |
| Lauf            | 2.50  | 20:28   | 8:11   | 2  | 8:26  | 16 | 8:26  | 37.00 | 2:52:10 | 4:39   | 2  | 40:07 | 15 | 48:15 |
| Lauf 000        | 7.50  | 54:23   | 7:15   | 2  | 17:55 | 16 | 18:03 | 37.00 | 2:52:10 | 4:39   | 2  | 40:07 | 15 | 48:15 |