



# 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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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	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	