



Hexengrund-Triathlon

Engerda / 10.09.2022

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Norbert Junghanns

□□□: 1:41:55

□□: SV TU Ilmenau

□□: 60

□□: 37.00 km

Hexengrund-Triathlon 37 km

□□□□□/□□□: 5 (of 74)

□□□□□/□: 5 (of 58)

□□□□□□: 1:33:38

□□□□:

AK 35 M

□□□□□: 1(of 10)

□□□□□□□: 1:41:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:29	20:57	1	-	9	3:01	0.50	10:29	20:57	1	-	9	3:01	
Wechsel Schw.-R	-	1:39	-	1	-	13	0:46	0.50	12:08	24:15	1	-	9	3:37	
Schwimmen □□□	0.50	12:08	24:15	1	-	9	3:37	0.50	12:08	24:15	1	-	9	3:37	
Vorrunde Rad	2.00	4:59	2:29	5	0:26	21	0:59	2.50	17:07	6:50	1	-	10	4:04	
Runde Rad	9.00	18:00	2:00	1	-	4	1:10	11.50	35:07	3:03	1	-	7	5:03	
Runde Rad	9.00	18:23	2:02	1	-	6	1:23	20.50	53:30	2:36	1	-	7	6:09	
Runde Rad	9.00	18:37	2:04	1	-	6	0:58	29.50	1:12:07	2:26	1	-	7	7:02	
Wechsel Rad-Lau	-	0:51	-	6	0:40	36	0:45	29.50	1:12:58	2:28	1	-	7	7:30	
Rad □□□	29.00	1:00:50	2:05	1	-	11	1:00:50	29.50	1:12:58	2:28	1	-	7	7:30	
Runde Laufen	2.50	9:44	3:53	1	-	4	0:38	32.00	1:22:42	2:35	1	-	6	7:21	
Runde Laufen	2.50	9:41	3:52	1	-	3	0:37	34.50	1:32:23	2:40	1	-	5	7:44	
Lauf	2.50	9:32	3:48	1	-	2	0:33	37.00	1:41:55	2:45	1	-	5	8:17	
Lauf □□□	7.50	28:57	3:51	1	-	3	1:48	37.00	1:41:55	2:45	1	-	5	8:17	