



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Patrick Patze

000: 1:55:42

00: Uhlstädter Sportverein e.V.

00: 2

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 15 (of 74)

00000/0: 15 (of 58)

000000: 1:33:38

0000:

AK 35 M

00000: 2(of 10)

0000000: 1:41:55

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:16	26:32	4	2:47	29	5:48	0.50	13:16	26:32	4	2:47	29	5:48
Wechsel Schw.-R	-	2:28	-	4	0:49	28	1:35	0.50	15:44	31:27	4	3:36	30	7:13
Schwimmen 000	0.50	15:44	31:27	4	3:36	30	7:13	0.50	15:44	31:27	4	3:36	30	7:13
Vorrunde Rad	2.00	4:39	2:19	2	0:06	9	0:39	2.50	20:23	8:09	4	3:16	29	7:20
Runde Rad	9.00	19:46	2:11	3	1:46	15	2:56	11.50	40:09	3:29	3	5:02	21	10:05
Runde Rad	9.00	20:01	2:13	3	1:38	16	3:01	20.50	1:00:10	2:56	3	6:40	21	12:49
Runde Rad	9.00	21:44	2:24	5	3:07	24	4:05	29.50	1:21:54	2:46	4	9:47	23	16:49
Wechsel Rad-Lau	-	0:19	-	5	0:08	23	0:13	29.50	1:22:13	2:47	4	9:15	22	16:45
Rad 000	29.00	1:06:29	2:17	4	5:39	25	1:06:29	29.50	1:22:13	2:47	4	9:15	22	16:45
Runde Laufen	2.50	10:54	4:21	2	1:10	10	1:48	32.00	1:33:07	2:54	3	10:25	20	17:46
Runde Laufen	2.50	11:23	4:33	2	1:42	14	2:19	34.50	1:44:30	3:01	2	12:07	17	19:51
Lauf	2.50	11:12	4:28	2	1:40	16	2:13	37.00	1:55:42	3:07	2	13:47	15	22:04
Lauf 000	7.50	33:29	4:27	2	4:32	12	6:20	37.00	1:55:42	3:07	2	13:47	15	22:04