



Hexengrund-Triathlon

Engerda / 10.09.2022

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Christian Sternkopf

000: 1:57:11

00: 14

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 20 (of 74)

00000/0: 20 (of 58)

000000: 1:33:38

0000:

AK 35 M

00000: 3(of 10)

0000000: 1:41:55

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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	13:19	26:37	5	2:50	31	5:51	0.50	13:19	26:37	5	2:50	31	5:51
Wechsel Schw.-R	-	2:33	-	5	0:54	31	1:40	0.50	15:52	31:44	5	3:44	31	7:21
Schwimmen 000	0.50	15:52	31:44	5	3:44	31	7:21	0.50	15:52	31:44	5	3:44	31	7:21
Vorrunde Rad	2.00	4:53	2:26	4	0:20	17	0:53	2.50	20:45	8:18	5	3:38	30	7:42
Runde Rad	9.00	19:57	2:13	4	1:57	17	3:07	11.50	40:42	3:32	5	5:35	26	10:38
Runde Rad	9.00	20:30	2:16	5	2:07	20	3:30	20.50	1:01:12	2:59	5	7:42	25	13:51
Runde Rad	9.00	20:48	2:18	4	2:11	20	3:09	29.50	1:22:00	2:46	5	9:53	24	16:55
Wechsel Rad-Lau	-	0:11	-	1	-	10	0:05	29.50	1:22:11	2:47	3	9:13	21	16:43
Rad 000	29.00	1:06:19	2:17	3	5:29	23	1:06:19	29.50	1:22:11	2:47	3	9:13	21	16:43
Runde Laufen	2.50	11:44	4:41	3	2:00	19	2:38	32.00	1:33:55	2:56	4	11:13	21	18:34
Runde Laufen	2.50	11:55	4:46	3	2:14	18	2:51	34.50	1:45:50	3:04	4	13:27	21	21:11
Lauf	2.50	11:21	4:32	3	1:49	17	2:22	37.00	1:57:11	3:10	3	15:16	20	23:33
Lauf 000	7.50	35:00	4:40	3	6:03	19	7:51	37.00	1:57:11	3:10	3	15:16	20	23:33