



# Hexengrund-Triathlon

Engerda / 10.09.2022

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Michael Schulze

000: 1:58:12

00: Spatzengasse Bad Blankenburg

00: 16

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 23 (of 74)

00000/0: 23 (of 58)

000000: 1:33:38

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AK 35 M

00000: 4(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	13:15	26:30	2	2:46	27	5:47	0.50	13:15	26:30	2	2:46	27	5:47
Wechsel Schw.-R	-	1:56	-	2	0:17	20	1:03	0.50	15:11	30:22	2	3:03	27	6:40
Schwimmen 000	0.50	15:11	30:22	2	3:03	27	6:40	0.50	15:11	30:22	2	3:03	27	6:40
Vorrunde Rad	2.00	4:33	2:16	1	-	7	0:33	2.50	19:44	7:53	2	2:37	24	6:41
Runde Rad	9.00	19:03	2:07	2	1:03	10	2:13	11.50	38:47	3:22	2	3:40	16	8:43
Runde Rad	9.00	19:40	2:11	2	1:17	13	2:40	20.50	58:27	2:51	2	4:57	13	11:06
Runde Rad	9.00	20:21	2:15	2	1:44	17	2:42	29.50	1:18:48	2:40	2	6:41	13	13:43
Wechsel Rad-Lau	-	0:52	-	7	0:41	39	0:46	29.50	1:19:40	2:42	2	6:42	16	14:12
Rad 000	29.00	1:04:29	2:13	2	3:39	17	1:04:29	29.50	1:19:40	2:42	2	6:42	16	14:12
Runde Laufen	2.50	12:44	5:05	5	3:00	33	3:38	32.00	1:32:24	2:53	2	9:42	18	17:03
Runde Laufen	2.50	12:55	5:09	4	3:14	30	3:51	34.50	1:45:19	3:03	3	12:56	19	20:40
Lauf	2.50	12:53	5:09	4	3:21	33	3:54	37.00	1:58:12	3:11	4	16:17	23	24:34
Lauf 000	7.50	38:32	5:08	4	9:35	32	11:23	37.00	1:58:12	3:11	4	16:17	23	24:34