



Hexengrund-Triathlon

Engerda / 10.09.2022

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Thomas Strubl

000: 2:01:42

00: 50

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 27 (of 74)

00000/0: 27 (of 58)

000000: 1:33:38

0000:

AK 35 M

00000: 5(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	-	2:09	-	3	0:30	25	1:16	0.50	15:24	30:48	3	3:16	28	6:53
Schwimmen 000	0.50	15:24	30:48	3	3:16	28	6:53	0.50	15:24	30:48	3	3:16	28	6:53
Vorrunde Rad	2.00	4:44	2:22	3	0:11	13	0:44	2.50	20:08	8:03	3	3:01	26	7:05
Runde Rad	9.00	20:03	2:13	5	2:03	20	3:13	11.50	40:11	3:29	4	5:04	22	10:07
Runde Rad	9.00	20:26	2:16	4	2:03	19	3:26	20.50	1:00:37	2:57	4	7:07	22	13:16
Runde Rad	9.00	20:44	2:18	3	2:07	19	3:05	29.50	1:21:21	2:45	3	9:14	21	16:16
Wechsel Rad-Lau	-	1:21	-	8	1:10	47	1:15	29.50	1:22:42	2:48	5	9:44	24	17:14
Rad 000	29.00	1:07:18	2:19	5	6:28	27	1:07:18	29.50	1:22:42	2:48	5	9:44	24	17:14
Runde Laufen	2.50	12:32	5:00	4	2:48	27	3:26	32.00	1:35:14	2:58	5	12:32	25	19:53
Runde Laufen	2.50	13:17	5:18	5	3:36	33	4:13	34.50	1:48:31	3:08	5	16:08	26	23:52
Lauf	2.50	13:11	5:16	5	3:39	34	4:12	37.00	2:01:42	3:17	5	19:47	27	28:04
Lauf 000	7.50	39:00	5:12	5	10:03	33	11:51	37.00	2:01:42	3:17	5	19:47	27	28:04