



# Hexengrund-Triathlon

Engerda / 10.09.2022

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Niklas Tiepner

000: 1:58:35

00: Spatzengasse Bad Blankenburg

00: 36

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 24 (of 74)

00000/0: 24 (of 58)

000000: 1:33:38

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AK 20 M

00000: 2(of 4)

0000000: 1:48:04

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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	11:29	22:57	2	3:04	17	4:01	0.50	11:29	22:57	2	3:04	17	4:01
Wechsel Schw.-R	-	2:10	-	2	0:27	26	1:17	0.50	13:39	27:18	2	3:31	14	5:08
Schwimmen 000	0.50	13:39	27:18	2	3:31	14	5:08	0.50	13:39	27:18	2	3:31	14	5:08
Vorrunde Rad	2.00	5:00	2:30	3	0:01	24	1:00	2.50	18:39	7:27	2	3:32	15	5:36
Runde Rad	9.00	19:46	2:11	2	0:10	15	2:56	11.50	38:25	3:20	2	3:42	13	8:21
Runde Rad	9.00	19:27	2:09	1	-	12	2:27	20.50	57:52	2:49	2	3:24	12	10:31
Runde Rad	9.00	19:53	2:12	1	-	14	2:14	29.50	1:17:45	2:38	2	3:08	11	12:40
Wechsel Rad-Lau	-	1:00	-	3	0:49	42	0:54	29.50	1:18:45	2:40	2	3:08	12	13:17
Rad 000	29.00	1:05:06	2:14	1	-	19	1:05:06	29.50	1:18:45	2:40	2	3:08	12	13:17
Runde Laufen	2.50	13:23	5:21	3	2:43	36	4:17	32.00	1:32:08	2:52	2	5:51	17	16:47
Runde Laufen	2.50	13:45	5:30	3	2:50	39	4:41	34.50	1:45:53	3:04	2	8:41	23	21:14
Lauf	2.50	12:42	5:04	2	1:50	30	3:43	37.00	1:58:35	3:12	2	10:31	24	24:57
Lauf 000	7.50	39:50	5:18	3	7:23	36	12:41	37.00	1:58:35	3:12	2	10:31	24	24:57