



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Patrick Elschner

000: 2:22:09

00: Elschner Crew

00: 58

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 53 (of 74)

00000/0: 45 (of 58)

000000: 1:33:38

0000:

AK 35 M

00000: 6(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	15:34	31:07	8	5:05	45	8:06	0.50	15:34	31:07	8	5:05	45	8:06
Wechsel Schw.-R	-	3:45	-	9	2:06	49	2:52	0.50	19:19	38:37	9	7:11	48	10:48
Schwimmen 000	0.50	19:19	38:37	9	7:11	48	10:48	0.50	19:19	38:37	9	7:11	48	10:48
Vorrunde Rad	2.00	5:28	2:44	7	0:55	37	1:28	2.50	24:47	9:54	8	7:40	47	11:44
Runde Rad	9.00	23:37	2:37	6	5:37	41	6:47	11.50	48:24	4:12	7	13:17	44	18:20
Runde Rad	9.00	24:48	2:45	7	6:25	46	7:48	20.50	1:13:12	3:34	7	19:42	46	25:51
Runde Rad	9.00	25:49	2:52	7	7:12	45	8:10	29.50	1:39:01	3:21	7	26:54	45	33:56
Wechsel Rad-Lau	-	2:10	-	9	1:59	52	2:04	29.50	1:41:11	3:25	7	28:13	46	35:43
Rad 000	29.00	1:21:52	2:49	7	21:02	50	1:21:52	29.50	1:41:11	3:25	7	28:13	46	35:43
Runde Laufen	2.50	13:42	5:28	6	3:58	41	4:36	32.00	1:54:53	3:35	7	32:11	47	39:32
Runde Laufen	2.50	13:30	5:24	6	3:49	37	4:26	34.50	2:08:23	3:43	7	36:00	45	43:44
Lauf	2.50	13:46	5:30	6	4:14	38	4:47	37.00	2:22:09	3:50	6	40:14	45	48:31
Lauf 000	7.50	40:58	5:27	6	12:01	39	13:49	37.00	2:22:09	3:50	6	40:14	45	48:31