



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Torsten Schröter

000: 2:23:52

00: WHY NOT?

00: 18

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 55 (of 74)

00000/0: 46 (of 58)

000000: 1:33:38

0000:

AK 35 M

00000: 7(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	14:06	28:11	6	3:37	36	6:38	0.50	14:06	28:11	6	3:37	36	6:38
Wechsel Schw.-R	-	2:49	-	7	1:10	37	1:56	0.50	16:55	33:50	6	4:47	36	8:24
Schwimmen 000	0.50	16:55	33:50	6	4:47	36	8:24	0.50	16:55	33:50	6	4:47	36	8:24
Vorrunde Rad	2.00	5:26	2:43	6	0:53	35	1:26	2.50	22:21	8:56	6	5:14	35	9:18
Runde Rad	9.00	24:11	2:41	7	6:11	45	7:21	11.50	46:32	4:02	6	11:25	38	16:28
Runde Rad	9.00	24:10	2:41	6	5:47	42	7:10	20.50	1:10:42	3:26	6	17:12	39	23:21
Runde Rad	9.00	24:38	2:44	6	6:01	39	6:59	29.50	1:35:20	3:13	6	23:13	39	30:15
Wechsel Rad-Lau	-	0:12	-	2	0:01	14	0:06	29.50	1:35:32	3:14	6	22:34	39	30:04
Rad 000	29.00	1:18:37	2:42	6	17:47	46	1:18:37	29.50	1:35:32	3:14	6	22:34	39	30:04
Runde Laufen	2.50	15:12	6:04	8	5:28	49	6:06	32.00	1:50:44	3:27	6	28:02	42	35:23
Runde Laufen	2.50	16:40	6:40	9	6:59	50	7:36	34.50	2:07:24	3:41	6	35:01	44	42:45
Lauf	2.50	16:28	6:35	9	6:56	50	7:29	37.00	2:23:52	3:53	7	41:57	46	50:14
Lauf 000	7.50	48:20	6:26	9	19:23	50	21:11	37.00	2:23:52	3:53	7	41:57	46	50:14