



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Dirk Petermann

000: 2:26:54

00: Rudolstädter Schildkröten

00: 75

00: 37.00 km

00000/000: 58 (of 74)

Hexengrund-Triathlon 37 km

00000/0: 48 (of 58)

000000: 1:33:38

0000:

00000: 8(of 10)

AK 35 M

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	15:35	31:10	9	5:06	47	8:07	0.50	15:35	31:10	9	5:06	47	8:07
Wechsel Schw.-R	-	3:33	-	8	1:54	45	2:40	0.50	19:08	38:15	7	7:00	46	10:37
Schwimmen 000	0.50	19:08	38:15	7	7:00	46	10:37	0.50	19:08	38:15	7	7:00	46	10:37
Vorrunde Rad	2.00	5:34	2:46	8	1:01	40	1:34	2.50	24:42	9:52	7	7:35	46	11:39
Runde Rad	9.00	24:38	2:44	8	6:38	46	7:48	11.50	49:20	4:17	8	14:13	47	19:16
Runde Rad	9.00	27:33	3:03	8	9:10	49	10:33	20.50	1:16:53	3:45	8	23:23	49	29:32
Runde Rad	9.00	26:16	2:55	8	7:39	48	8:37	29.50	1:43:09	3:29	8	31:02	48	38:04
Wechsel Rad-Lau	-	0:12	-	2	0:01	14	0:06	29.50	1:43:21	3:30	8	30:23	48	37:53
Rad 000	29.00	1:24:13	2:54	8	23:23	52	1:24:13	29.50	1:43:21	3:30	8	30:23	48	37:53
Runde Laufen	2.50	14:36	5:50	7	4:52	46	5:30	32.00	1:57:57	3:41	8	35:15	48	42:36
Runde Laufen	2.50	14:55	5:58	7	5:14	45	5:51	34.50	2:12:52	3:51	8	40:29	48	48:13
Lauf	2.50	14:02	5:36	7	4:30	44	5:03	37.00	2:26:54	3:58	8	44:59	48	53:16
Lauf 000	7.50	43:33	5:48	7	14:36	45	16:24	37.00	2:26:54	3:58	8	44:59	48	53:16