



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Stephan Windorf

000: 2:37:15

00: 44

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 64 (of 74)

00000/0: 52 (of 58)

000000: 1:33:38

0000:

AK 35 M

00000: 9(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	17:17	34:34	10	6:48	52	9:49	0.50	17:17	34:34	10	6:48	52	9:49
Wechsel Schw.-R	-	2:48	-	6	1:09	36	1:55	0.50	20:05	40:09	10	7:57	50	11:34
Schwimmen 000	0.50	20:05	40:09	10	7:57	50	11:34	0.50	20:05	40:09	10	7:57	50	11:34
Vorrunde Rad	2.00	6:00	3:00	9	1:27	50	2:00	2.50	26:05	10:26	10	8:58	50	13:02
Runde Rad	9.00	26:48	2:58	9	8:48	49	9:58	11.50	52:53	4:35	9	17:46	50	22:49
Runde Rad	9.00	28:20	3:08	9	9:57	51	11:20	20.50	1:21:13	3:57	9	27:43	50	33:52
Runde Rad	9.00	29:50	3:18	9	11:13	52	12:11	29.50	1:51:03	3:45	9	38:56	50	45:58
Wechsel Rad-Lau	-	0:13	-	4	0:02	17	0:07	29.50	1:51:16	3:46	9	38:18	50	45:48
Rad 000	29.00	1:31:11	3:08	9	30:21	56	1:31:11	29.50	1:51:16	3:46	9	38:18	50	45:48
Runde Laufen	2.50	15:13	6:05	9	5:29	50	6:07	32.00	2:06:29	3:57	9	43:47	51	51:08
Runde Laufen	2.50	15:35	6:14	8	5:54	48	6:31	34.50	2:22:04	4:07	9	49:41	51	57:25
Lauf	2.50	15:11	6:04	8	5:39	48	6:12	37.00	2:37:15	4:15	9	55:20	52	1:03:37
Lauf 000	7.50	45:59	6:07	8	17:02	48	18:50	37.00	2:37:15	4:15	9	55:20	52	1:03:37