



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Mike Rothe

000: 2:55:01

00: WHY NOT?

00: 19

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 69 (of 74)

00000/0: 54 (of 58)

000000: 1:33:38

0000:

AK 35 M

00000: 10(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	14:30	29:00	7	4:01	39	7:02	0.50	14:30	29:00	7	4:01	39	7:02
Wechsel Schw.-R	-	4:42	-	10	3:03	53	3:49	0.50	19:12	38:23	8	7:04	47	10:41
Schwimmen 000	0.50	19:12	38:23	8	7:04	47	10:41	0.50	19:12	38:23	8	7:04	47	10:41
Vorrunde Rad	2.00	6:10	3:05	10	1:37	52	2:10	2.50	25:22	10:08	9	8:15	49	12:19
Runde Rad	9.00	27:31	3:03	10	9:31	51	10:41	11.50	52:53	4:35	9	17:46	50	22:49
Runde Rad	9.00	30:27	3:23	10	12:04	53	13:27	20.50	1:23:20	4:03	10	29:50	52	35:59
Runde Rad	9.00	31:59	3:33	10	13:22	53	14:20	29.50	1:55:19	3:54	10	43:12	53	50:14
Wechsel Rad-Lau	-	2:26	-	10	2:15	53	2:20	29.50	1:57:45	3:59	10	44:47	53	52:17
Rad 000	29.00	1:38:33	3:23	10	37:43	58	1:38:33	29.50	1:57:45	3:59	10	44:47	53	52:17
Runde Laufen	2.50	18:13	7:17	10	8:29	53	9:07	32.00	2:15:58	4:14	10	53:16	53	1:00:37
Runde Laufen	2.50	19:28	7:47	10	9:47	53	10:24	34.50	2:35:26	4:30	10	1:03:03	53	1:10:47
Lauf	2.50	19:35	7:49	10	10:03	53	10:36	37.00	2:55:01	4:43	10	1:13:06	54	1:21:23
Lauf 000	7.50	57:16	7:38	10	28:19	53	30:07	37.00	2:55:01	4:43	10	1:13:06	54	1:21:23