



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Mariska Kraaij

000: 2:07:55

00: 37

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 38 (of 74)

00000/0: 4 (of 16)

000000: 2:03:55

0000:

AK 35 W

00000: 1(of 1)

0000000: 2:07:55

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:44	25:27	1	-	3	2:02	0.50	12:44	25:27	1	-	3	2:02
Wechsel Schw.-R	-	2:15	-	1	-	6	0:37	0.50	14:59	29:57	1	-	6	2:13
Schwimmen 000	0.50	14:59	29:57	1	-	6	2:13	0.50	14:59	29:57	1	-	6	2:13
Vorrunde Rad	2.00	4:51	2:25	1	-	1	-	2.50	19:50	7:55	1	-	2	1:36
Runde Rad	9.00	20:31	2:16	1	-	1	-	11.50	40:21	3:30	1	-	2	0:06
Runde Rad	9.00	20:50	2:18	1	-	1	-	20.50	1:01:11	2:59	1	-	1	-
Runde Rad	9.00	24:24	2:42	1	-	7	2:12	29.50	1:25:35	2:54	1	-	2	1:14
Wechsel Rad-Lau	-	1:36	-	1	-	15	1:26	29.50	1:27:11	2:57	1	-	3	2:17
Rad 000	29.00	1:12:12	2:29	1	-	3	0:22	29.50	1:27:11	2:57	1	-	3	2:17
Runde Laufen	2.50	13:17	5:18	1	-	8	1:37	32.00	1:40:28	3:08	1	-	3	2:51
Runde Laufen	2.50	13:54	5:33	1	-	8	1:40	34.50	1:54:22	3:18	1	-	3	3:32
Lauf	2.50	13:33	5:25	1	-	6	1:31	37.00	2:07:55	3:27	1	-	4	4:00
Lauf 000	7.50	40:44	5:25	1	-	7	4:24	37.00	2:07:55	3:27	1	-	4	4:00