



Hexengrund-Triathlon

Engerda / 10.09.2022

□□□□

Lars Erik Fricke

□□□: 1:35:04

□□: AC Apolda

□□: 73

□□: 37.00 km

Hexengrund-Triathlon 37 km

□□□□□/□□□: 2 (of 74)

□□□□□/□: 2 (of 58)

□□□□□□: 1:33:38

□□□□:

AK 40, Senioren 1

□□□□□: 1(of 12)

□□□□□□□: 1:35:04

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	8:07	16:14	1	-	2	0:39	0.50	8:07	16:14	1	-	2	0:39
Wechsel Schw.-R	-	0:53	-	1	-	1	-	0.50	9:00	18:00	1	-	2	0:29
Schwimmen □□□	0.50	9:00	18:00	1	-	2	0:29	0.50	9:00	18:00	1	-	2	0:29
Vorrunde Rad	2.00	4:05	2:02	2	0:05	2	0:05	2.50	13:05	5:14	1	-	2	0:02
Runde Rad	9.00	16:59	1:53	2	0:09	2	0:09	11.50	30:04	2:36	1	-	1	-
Runde Rad	9.00	17:17	1:55	2	0:17	2	0:17	20.50	47:21	2:18	1	-	1	-
Runde Rad	9.00	17:44	1:58	2	0:05	2	0:05	29.50	1:05:05	2:12	1	-	1	-
Wechsel Rad-Lau	-	0:23	-	5	0:13	25	0:17	29.50	1:05:28	2:13	1	-	1	-
Rad □□□	29.00	56:28	1:56	1	-	6	56:28	29.50	1:05:28	2:13	1	-	1	-
Runde Laufen	2.50	9:53	3:57	3	0:27	5	0:47	32.00	1:15:21	2:21	1	-	1	-
Runde Laufen	2.50	9:52	3:56	3	0:22	5	0:48	34.50	1:25:13	2:28	1	-	2	0:34
Lauf	2.50	9:51	3:56	3	0:16	5	0:52	37.00	1:35:04	2:34	1	-	2	1:26
Lauf □□□	7.50	29:36	3:56	3	1:01	5	2:27	37.00	1:35:04	2:34	1	-	2	1:26