



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Yves Eberhardt

000: 1:39:49

00: X-Runners-Jena e.V.

00: 20

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 3 (of 74)

00000/0: 3 (of 58)

000000: 1:33:38

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AK 40, Senioren 1

00000: 2(of 12)

0000000: 1:35:04

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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	13:08	26:15	9	5:01	24	5:40	0.50	13:08	26:15	9	5:01	24	5:40
Wechsel Schw.-R	-	1:09	-	3	0:16	4	0:16	0.50	14:17	28:33	8	5:17	21	5:46
Schwimmen 000	0.50	14:17	28:33	8	5:17	21	5:46	0.50	14:17	28:33	8	5:17	21	5:46
Vorrunde Rad	2.00	4:00	2:00	1	-	1	-	2.50	18:17	7:18	6	5:12	13	5:14
Runde Rad	9.00	16:50	1:52	1	-	1	-	11.50	35:07	3:03	3	5:03	7	5:03
Runde Rad	9.00	17:00	1:53	1	-	1	-	20.50	52:07	2:32	2	4:46	3	4:46
Runde Rad	9.00	17:39	1:57	1	-	1	-	29.50	1:09:46	2:21	2	4:41	3	4:41
Wechsel Rad-Lau	-	1:00	-	11	0:50	42	0:54	29.50	1:10:46	2:23	2	5:18	3	5:18
Rad 000	29.00	56:29	1:56	2	0:01	7	56:29	29.50	1:10:46	2:23	2	5:18	3	5:18
Runde Laufen	2.50	9:26	3:46	1	-	2	0:20	32.00	1:20:12	2:30	2	4:51	3	4:51
Runde Laufen	2.50	9:51	3:56	2	0:21	4	0:47	34.50	1:30:03	2:36	2	4:50	3	5:24
Lauf	2.50	9:46	3:54	2	0:11	4	0:47	37.00	1:39:49	2:41	2	4:45	3	6:11
Lauf 000	7.50	29:03	3:52	2	0:28	4	1:54	37.00	1:39:49	2:41	2	4:45	3	6:11