



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Tobias Kummer

000: 1:40:36

00: 68

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 4 (of 74)

00000/0: 4 (of 58)

000000: 1:33:38

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AK 40, Senioren 1

00000: 3(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	8:31	17:02	2	0:24	4	1:03	0.50	8:31	17:02	2	0:24	4	1:03
Wechsel Schw.-R	-	2:00	-	5	1:07	21	1:07	0.50	10:31	21:02	2	1:31	4	2:00
Schwimmen 000	0.50	10:31	21:02	2	1:31	4	2:00	0.50	10:31	21:02	2	1:31	4	2:00
Vorrunde Rad	2.00	5:49	2:54	9	1:49	45	1:49	2.50	16:20	6:31	2	3:15	5	3:17
Runde Rad	9.00	18:27	2:02	3	1:37	6	1:37	11.50	34:47	3:01	2	4:43	5	4:43
Runde Rad	9.00	18:13	2:01	3	1:13	5	1:13	20.50	53:00	2:35	3	5:39	6	5:39
Runde Rad	9.00	18:16	2:01	3	0:37	4	0:37	29.50	1:11:16	2:24	3	6:11	5	6:11
Wechsel Rad-Lau	-	0:45	-	9	0:35	33	0:39	29.50	1:12:01	2:26	3	6:33	5	6:33
Rad 000	29.00	1:01:30	2:07	3	5:02	12	1:01:30	29.50	1:12:01	2:26	3	6:33	5	6:33
Runde Laufen	2.50	9:30	3:47	2	0:04	3	0:24	32.00	1:21:31	2:32	3	6:10	4	6:10
Runde Laufen	2.50	9:30	3:47	1	-	2	0:26	34.50	1:31:01	2:38	3	5:48	4	6:22
Lauf	2.50	9:35	3:50	1	-	3	0:36	37.00	1:40:36	2:43	3	5:32	4	6:58
Lauf 000	7.50	28:35	3:48	1	-	2	1:26	37.00	1:40:36	2:43	3	5:32	4	6:58