



Hexengrund-Triathlon

Engerda / 10.09.2022

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Maik Bodinger

000: 1:44:17

00: Thüringer Bergziegen

00: 9

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 7 (of 74)

00000/0: 7 (of 58)

000000: 1:33:38

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AK 40, Senioren 1

00000: 4(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	9:52	19:44	3	1:45	5	2:24	0.50	9:52	19:44	3	1:45	5	2:24
Wechsel Schw.-R	-	2:33	-	8	1:40	31	1:40	0.50	12:25	24:49	4	3:25	11	3:54
Schwimmen 000	0.50	12:25	24:49	4	3:25	11	3:54	0.50	12:25	24:49	4	3:25	11	3:54
Vorrunde Rad	2.00	4:38	2:19	3	0:38	8	0:38	2.50	17:03	6:49	4	3:58	9	4:00
Runde Rad	9.00	18:45	2:05	4	1:55	9	1:55	11.50	35:48	3:06	4	5:44	9	5:44
Runde Rad	9.00	18:53	2:05	4	1:53	9	1:53	20.50	54:41	2:40	4	7:20	9	7:20
Runde Rad	9.00	18:56	2:06	4	1:17	8	1:17	29.50	1:13:37	2:29	4	8:32	8	8:32
Wechsel Rad-Lau	-	0:39	-	8	0:29	32	0:33	29.50	1:14:16	2:31	4	8:48	8	8:48
Rad 000	29.00	1:01:51	2:07	4	5:23	13	1:01:51	29.50	1:14:16	2:31	4	8:48	8	8:48
Runde Laufen	2.50	9:56	3:58	4	0:30	6	0:50	32.00	1:24:12	2:37	4	8:51	8	8:51
Runde Laufen	2.50	10:02	4:00	4	0:32	6	0:58	34.50	1:34:14	2:43	4	9:01	8	9:35
Lauf	2.50	10:03	4:01	4	0:28	6	1:04	37.00	1:44:17	2:49	4	9:13	7	10:39
Lauf 000	7.50	30:01	4:00	4	1:26	6	2:52	37.00	1:44:17	2:49	4	9:13	7	10:39