



Hexengrund-Triathlon

Engerda / 10.09.2022

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Nick Schüßling

000: 2:06:07

00: 59

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 32 (of 74)

00000/0: 30 (of 58)

000000: 1:33:38

0000:

AK 20 M

00000: 3(of 4)

0000000: 1:48:04

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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	14:27	28:53	4	6:02	38	6:59	0.50	14:27	28:53	4	6:02	38	6:59
Wechsel Schw.-R	-	3:45	-	3	2:02	49	2:52	0.50	18:12	36:23	4	8:04	41	9:41
Schwimmen 000	0.50	18:12	36:23	4	8:04	41	9:41	0.50	18:12	36:23	4	8:04	41	9:41
Vorrunde Rad	2.00	4:59	2:29	1	-	21	0:59	2.50	23:11	9:16	4	8:04	40	10:08
Runde Rad	9.00	20:52	2:19	3	1:16	25	4:02	11.50	44:03	3:49	3	9:20	34	13:59
Runde Rad	9.00	21:08	2:20	3	1:41	25	4:08	20.50	1:05:11	3:10	3	10:43	32	17:50
Runde Rad	9.00	22:25	2:29	3	2:32	29	4:46	29.50	1:27:36	2:58	3	12:59	33	22:31
Wechsel Rad-Lau	-	0:17	-	2	0:06	22	0:11	29.50	1:27:53	2:58	3	12:16	30	22:25
Rad 000	29.00	1:09:41	2:24	3	4:35	30	1:09:41	29.50	1:27:53	2:58	3	12:16	30	22:25
Runde Laufen	2.50	12:00	4:47	2	1:20	20	2:54	32.00	1:39:53	3:07	3	13:36	30	24:32
Runde Laufen	2.50	12:57	5:10	2	2:02	31	3:53	34.50	1:52:50	3:16	3	15:38	29	28:11
Lauf	2.50	13:17	5:18	3	2:25	35	4:18	37.00	2:06:07	3:24	3	18:03	30	32:29
Lauf 000	7.50	38:14	5:05	2	5:47	31	11:05	37.00	2:06:07	3:24	3	18:03	30	32:29