



# Hexengrund-Triathlon

Engerda / 10.09.2022

□□□□

Marco Kaiser

□□□: 1:55:09

□□: Triathlon Jena e.V.

□□: 8

□□: 37.00 km

Hexengrund-Triathlon 37 km

□□□□□/□□□: 14 (of 74)

□□□□□/□: 14 (of 58)

□□□□□□: 1:33:38

□□□□:

AK 40, Senioren 1

□□□□□: 5(of 12)

□□□□□□□: 1:35:04

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:35	21:10	4	2:28	11	3:07	0.50	10:35	21:10	4	2:28	11	3:07
Wechsel Schw.-R	-	1:33	-	4	0:40	12	0:40	0.50	12:08	24:15	3	3:08	9	3:37
Schwimmen □□□	0.50	12:08	24:15	3	3:08	9	3:37	0.50	12:08	24:15	3	3:08	9	3:37
Vorrunde Rad	2.00	4:43	2:21	5	0:43	12	0:43	2.50	16:51	6:44	3	3:46	8	3:48
Runde Rad	9.00	20:02	2:13	5	3:12	19	3:12	11.50	36:53	3:12	5	6:49	10	6:49
Runde Rad	9.00	20:19	2:15	6	3:19	18	3:19	20.50	57:12	2:47	5	9:51	11	9:51
Runde Rad	9.00	20:34	2:17	5	2:55	18	2:55	29.50	1:17:46	2:38	5	12:41	12	12:41
Wechsel Rad-Lau	-	0:24	-	7	0:14	27	0:18	29.50	1:18:10	2:38	5	12:42	11	12:42
Rad □□□	29.00	1:06:02	2:16	5	9:34	22	1:06:02	29.50	1:18:10	2:38	5	12:42	11	12:42
Runde Laufen	2.50	12:03	4:49	7	2:37	21	2:57	32.00	1:30:13	2:49	5	14:52	12	14:52
Runde Laufen	2.50	12:43	5:05	9	3:13	27	3:39	34.50	1:42:56	2:59	5	17:43	13	18:17
Lauf	2.50	12:13	4:53	9	2:38	24	3:14	37.00	1:55:09	3:06	5	20:05	14	21:31
Lauf □□□	7.50	36:59	4:55	9	8:24	25	9:50	37.00	1:55:09	3:06	5	20:05	14	21:31