



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Roman Kramer

000: 1:55:56

00: 17

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 16 (of 74)

00000/0: 16 (of 58)

000000: 1:33:38

0000:

AK 40, Senioren 1

00000: 6(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	11:22	22:44	5	3:15	14	3:54	0.50	11:22	22:44	5	3:15	14	3:54
Wechsel Schw.-R	-	2:02	-	6	1:09	23	1:09	0.50	13:24	26:48	5	4:24	13	4:53
Schwimmen 000	0.50	13:24	26:48	5	4:24	13	4:53	0.50	13:24	26:48	5	4:24	13	4:53
Vorrunde Rad	2.00	4:39	2:19	4	0:39	9	0:39	2.50	18:03	7:13	5	4:58	12	5:00
Runde Rad	9.00	20:20	2:15	6	3:30	21	3:30	11.50	38:23	3:20	6	8:19	12	8:19
Runde Rad	9.00	20:15	2:15	5	3:15	17	3:15	20.50	58:38	2:51	6	11:17	14	11:17
Runde Rad	9.00	21:04	2:20	7	3:25	22	3:25	29.50	1:19:42	2:42	6	14:37	18	14:37
Wechsel Rad-Lau	-	0:10	-	1	-	7	0:04	29.50	1:19:52	2:42	6	14:24	18	14:24
Rad 000	29.00	1:06:28	2:17	6	10:00	24	1:06:28	29.50	1:19:52	2:42	6	14:24	18	14:24
Runde Laufen	2.50	12:14	4:53	8	2:48	26	3:08	32.00	1:32:06	2:52	6	16:45	16	16:45
Runde Laufen	2.50	12:05	4:50	8	2:35	21	3:01	34.50	1:44:11	3:01	6	18:58	16	19:32
Lauf	2.50	11:45	4:42	7	2:10	22	2:46	37.00	1:55:56	3:07	6	20:52	16	22:18
Lauf 000	7.50	36:04	4:48	7	7:29	20	8:55	37.00	1:55:56	3:07	6	20:52	16	22:18