



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Norman Fricke

000: 1:56:06

00: AC Apolda

00: 49

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 18 (of 74)

00000/0: 18 (of 58)

000000: 1:33:38

0000:

AK 40, Senioren 1

00000: 7(of 12)

0000000: 1:35:04

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:45	25:30	7	4:38	21	5:17	0.50	12:45	25:30	7	4:38	21	5:17	
Wechsel Schw.-R	-	0:57	-	2	0:04	2	0:04	0.50	13:42	27:23	6	4:42	16	5:11	
Schwimmen 000	0.50	13:42	27:23	6	4:42	16	5:11	0.50	13:42	27:23	6	4:42	16	5:11	
Vorrunde Rad	2.00	4:44	2:22	6	0:44	13	0:44	2.50	18:26	7:22	7	5:21	14	5:23	
Runde Rad	9.00	20:45	2:18	7	3:55	23	3:55	11.50	39:11	3:24	7	9:07	17	9:07	
Runde Rad	9.00	20:35	2:17	7	3:35	22	3:35	20.50	59:46	2:54	7	12:25	17	12:25	
Runde Rad	9.00	21:02	2:20	6	3:23	21	3:23	29.50	1:20:48	2:44	7	15:43	20	15:43	
Wechsel Rad-Lau	-	0:51	-	10	0:41	36	0:45	29.50	1:21:39	2:46	7	16:11	19	16:11	
Rad 000	29.00	1:07:57	2:20	7	11:29	28	1:07:57	29.50	1:21:39	2:46	7	16:11	19	16:11	
Runde Laufen	2.50	11:20	4:31	5	1:54	14	2:14	32.00	1:32:59	2:54	7	17:38	19	17:38	
Runde Laufen	2.50	11:33	4:37	6	2:03	15	2:29	34.50	1:44:32	3:01	7	19:19	18	19:53	
Lauf	2.50	11:34	4:37	6	1:59	19	2:35	37.00	1:56:06	3:08	7	21:02	18	22:28	
Lauf 000	7.50	34:27	4:35	6	5:52	16	7:18	37.00	1:56:06	3:08	7	21:02	18	22:28	