



Hexengrund-Triathlon

Engerda / 10.09.2022

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Matthias Kurz

000: 1:57:35

00: Kranichläufer

00: 57

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 22 (of 74)

00000/0: 22 (of 58)

000000: 1:33:38

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AK 40, Senioren 1

00000: 8(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	11:43	23:26	6	3:36	18	4:15	0.50	11:43	23:26	6	3:36	18	4:15
Wechsel Schw.-R	-	2:04	-	7	1:11	24	1:11	0.50	13:47	27:33	7	4:47	18	5:16
Schwimmen 000	0.50	13:47	27:33	7	4:47	18	5:16	0.50	13:47	27:33	7	4:47	18	5:16
Vorrunde Rad	2.00	5:15	2:37	7	1:15	29	1:15	2.50	19:02	7:36	8	5:57	19	5:59
Runde Rad	9.00	21:29	2:23	8	4:39	29	4:39	11.50	40:31	3:31	8	10:27	25	10:27
Runde Rad	9.00	21:24	2:22	8	4:24	28	4:24	20.50	1:01:55	3:01	8	14:34	27	14:34
Runde Rad	9.00	21:53	2:25	8	4:14	27	4:14	29.50	1:23:48	2:50	8	18:43	26	18:43
Wechsel Rad-Lau	-	0:13	-	3	0:03	17	0:07	29.50	1:24:01	2:50	8	18:33	26	18:33
Rad 000	29.00	1:10:14	2:25	8	13:46	32	1:10:14	29.50	1:24:01	2:50	8	18:33	26	18:33
Runde Laufen	2.50	11:21	4:32	6	1:55	15	2:15	32.00	1:35:22	2:58	8	20:01	26	20:01
Runde Laufen	2.50	11:18	4:31	5	1:48	12	2:14	34.50	1:46:40	3:05	8	21:27	24	22:01
Lauf	2.50	10:55	4:21	5	1:20	11	1:56	37.00	1:57:35	3:10	8	22:31	22	23:57
Lauf 000	7.50	33:34	4:28	5	4:59	13	6:25	37.00	1:57:35	3:10	8	22:31	22	23:57