



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Stefan Eberhardt

000: 2:15:08

00: Laufclub Rudolstadt

00: 15

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 46 (of 74)

00000/0: 39 (of 58)

000000: 1:33:38

0000:

AK 40, Senioren 1

00000: 9(of 12)

0000000: 1:35:04

0000

0000

000

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	15:37	31:14	11	7:30	48	8:09	0.50	15:37	31:14	11	7:30	48	8:09
Wechsel Schw.-R	-	2:50	-	9	1:57	38	1:57	0.50	18:27	36:53	10	9:27	43	9:56
Schwimmen 000	0.50	18:27	36:53	10	9:27	43	9:56	0.50	18:27	36:53	10	9:27	43	9:56
Vorrunde Rad	2.00	5:49	2:54	9	1:49	45	1:49	2.50	24:16	9:42	11	11:11	45	11:13
Runde Rad	9.00	23:43	2:38	10	6:53	43	6:53	11.50	47:59	4:10	10	17:55	43	17:55
Runde Rad	9.00	22:59	2:33	9	5:59	36	5:59	20.50	1:10:58	3:27	10	23:37	40	23:37
Runde Rad	9.00	23:35	2:37	9	5:56	36	5:56	29.50	1:34:33	3:12	9	29:28	38	29:28
Wechsel Rad-Lau	-	0:23	-	5	0:13	25	0:17	29.50	1:34:56	3:13	9	29:28	38	29:28
Rad 000	29.00	1:16:29	2:38	9	20:01	43	1:16:29	29.50	1:34:56	3:13	9	29:28	38	29:28
Runde Laufen	2.50	13:02	5:12	10	3:36	34	3:56	32.00	1:47:58	3:22	9	32:37	38	32:37
Runde Laufen	2.50	13:19	5:19	10	3:49	34	4:15	34.50	2:01:17	3:30	9	36:04	38	36:38
Lauf	2.50	13:51	5:32	11	4:16	41	4:52	37.00	2:15:08	3:39	9	40:04	39	41:30
Lauf 000	7.50	40:12	5:21	11	11:37	37	13:03	37.00	2:15:08	3:39	9	40:04	39	41:30