



Hexengrund-Triathlon

Engerda / 10.09.2022

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Kay Hupel

□□□: 2:16:40

□□: SSG 01 Blankenhain

□□: 30

□□: 37.00 km

Hexengrund-Triathlon 37 km

□□□□□/□□□: 47 (of 74)

□□□□□/□: 40 (of 58)

□□□□□□: 1:33:38

□□□□:

AK 40, Senioren 1

□□□□□: 10(of 12)

□□□□□□□: 1:35:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	15:32	31:03	10	7:25	44	8:04	0.50	15:32	31:03	10	7:25	44	8:04
Wechsel Schw.-R	-	2:56	-	10	2:03	39	2:03	0.50	18:28	36:55	11	9:28	44	9:57
Schwimmen □□□	0.50	18:28	36:55	11	9:28	44	9:57	0.50	18:28	36:55	11	9:28	44	9:57
Vorrunde Rad	2.00	5:30	2:45	8	1:30	38	1:30	2.50	23:58	9:35	10	10:53	43	10:55
Runde Rad	9.00	22:53	2:32	9	6:03	36	6:03	11.50	46:51	4:04	9	16:47	39	16:47
Runde Rad	9.00	23:46	2:38	11	6:46	40	6:46	20.50	1:10:37	3:26	9	23:16	38	23:16
Runde Rad	9.00	25:00	2:46	10	7:21	42	7:21	29.50	1:35:37	3:14	10	30:32	42	30:32
Wechsel Rad-Lau	-	1:14	-	12	1:04	46	1:08	29.50	1:36:51	3:16	10	31:23	41	31:23
Rad □□□	29.00	1:18:23	2:42	10	21:55	45	1:18:23	29.50	1:36:51	3:16	10	31:23	41	31:23
Runde Laufen	2.50	13:05	5:14	11	3:39	35	3:59	32.00	1:49:56	3:26	10	34:35	41	34:35
Runde Laufen	2.50	13:25	5:21	11	3:55	36	4:21	34.50	2:03:21	3:34	10	38:08	40	38:42
Lauf	2.50	13:19	5:19	10	3:44	36	4:20	37.00	2:16:40	3:41	10	41:36	40	43:02
Lauf □□□	7.50	39:49	5:18	10	11:14	35	12:40	37.00	2:16:40	3:41	10	41:36	40	43:02