



# Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Jens Behning

000: 2:18:26

00: Tornados Franken

00: 46

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 50 (of 74)

00000/0: 43 (of 58)

000000: 1:33:38

0000:

AK 40, Senioren 1

00000: 11(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	13:07	26:14	8	5:00	23	5:39	0.50	13:07	26:14	8	5:00	23	5:39
Wechsel Schw.-R	-	3:23	-	11	2:30	43	2:30	0.50	16:30	33:00	9	7:30	34	7:59
Schwimmen 000	0.50	16:30	33:00	9	7:30	34	7:59	0.50	16:30	33:00	9	7:30	34	7:59
Vorrunde Rad	2.00	5:59	2:59	12	1:59	49	1:59	2.50	22:29	8:59	9	9:24	36	9:26
Runde Rad	9.00	29:58	3:19	12	13:08	53	13:08	11.50	52:27	4:33	11	22:23	49	22:23
Runde Rad	9.00	23:31	2:36	10	6:31	39	6:31	20.50	1:15:58	3:42	11	28:37	47	28:37
Runde Rad	9.00	25:50	2:52	11	8:11	46	8:11	29.50	1:41:48	3:27	11	36:43	47	36:43
Wechsel Rad-Lau	-	0:14	-	4	0:04	21	0:08	29.50	1:42:02	3:27	11	36:34	47	36:34
Rad 000	29.00	1:25:32	2:56	11	29:04	53	1:25:32	29.50	1:42:02	3:27	11	36:34	47	36:34
Runde Laufen	2.50	12:38	5:03	9	3:12	31	3:32	32.00	1:54:40	3:35	11	39:19	45	39:19
Runde Laufen	2.50	12:01	4:48	7	2:31	20	2:57	34.50	2:06:41	3:40	11	41:28	43	42:02
Lauf	2.50	11:45	4:42	7	2:10	22	2:46	37.00	2:18:26	3:44	11	43:22	43	44:48
Lauf 000	7.50	36:24	4:51	8	7:49	22	9:15	37.00	2:18:26	3:44	11	43:22	43	44:48