



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Tristan Mul

000: 2:37:21

00: 38

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 65 (of 74)

00000/0: 53 (of 58)

000000: 1:33:38

0000:

AK 40, Senioren 1

00000: 12(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 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	17:09	34:17	12	9:02	51	9:41	0.50	17:09	34:17	12	9:02	51	9:41
Wechsel Schw.-R	-	3:34	-	12	2:41	46	2:41	0.50	20:43	41:25	12	11:43	52	12:12
Schwimmen 000	0.50	20:43	41:25	12	11:43	52	12:12	0.50	20:43	41:25	12	11:43	52	12:12
Vorrunde Rad	2.00	5:50	2:54	11	1:50	47	1:50	2.50	26:33	10:37	12	13:28	51	13:30
Runde Rad	9.00	27:52	3:05	11	11:02	52	11:02	11.50	54:25	4:43	12	24:21	53	24:21
Runde Rad	9.00	29:26	3:16	12	12:26	52	12:26	20.50	1:23:51	4:05	12	36:30	53	36:30
Runde Rad	9.00	28:32	3:10	12	10:53	50	10:53	29.50	1:52:23	3:48	12	47:18	52	47:18
Wechsel Rad-Lau	-	0:10	-	1	-	7	0:04	29.50	1:52:33	3:48	12	47:05	52	47:05
Rad 000	29.00	1:31:50	3:09	12	35:22	57	1:31:50	29.50	1:52:33	3:48	12	47:05	52	47:05
Runde Laufen	2.50	14:45	5:54	12	5:19	47	5:39	32.00	2:07:18	3:58	12	51:57	52	51:57
Runde Laufen	2.50	15:29	6:11	12	5:59	46	6:25	34.50	2:22:47	4:08	12	57:34	52	58:08
Lauf	2.50	14:34	5:49	12	4:59	46	5:35	37.00	2:37:21	4:15	12	1:02:17	53	1:03:43
Lauf 000	7.50	44:48	5:58	12	16:13	46	17:39	37.00	2:37:21	4:15	12	1:02:17	53	1:03:43