



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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0000

000

| 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 |