



# Hexengrund-Triathlon

Engerda / 10.09.2022

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Melissa Meisner

000: 2:03:55

00: PowerBärs

00: 34

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 29 (of 74)

00000/0: 1 (of 16)

000000: 2:03:55

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AK 40, Seniorinnen 1

00000: 1(of 5)

0000000: 2:03:55

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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	10:42	21:23	1	-	1	-	0.50	10:42	21:23	1	-	1	-
Wechsel Schw.-R	-	2:04	-	3	0:08	5	0:26	0.50	12:46	25:32	1	-	1	-
Schwimmen 000	0.50	12:46	25:32	1	-	1	-	0.50	12:46	25:32	1	-	1	-
Vorrunde Rad	2.00	5:28	2:44	2	0:25	4	0:37	2.50	18:14	7:17	1	-	1	-
Runde Rad	9.00	22:01	2:26	2	0:49	3	1:30	11.50	40:15	3:30	1	-	1	-
Runde Rad	9.00	21:54	2:25	1	-	2	1:04	20.50	1:02:09	3:01	1	-	2	0:58
Runde Rad	9.00	22:12	2:28	1	-	1	-	29.50	1:24:21	2:51	1	-	1	-
Wechsel Rad-Lau	-	0:33	-	3	0:23	10	0:23	29.50	1:24:54	2:52	1	-	1	-
Rad 000	29.00	1:12:08	2:29	2	0:18	2	0:18	29.50	1:24:54	2:52	1	-	1	-
Runde Laufen	2.50	12:43	5:05	2	0:12	4	1:03	32.00	1:37:37	3:03	1	-	1	-
Runde Laufen	2.50	13:13	5:17	3	0:22	5	0:59	34.50	1:50:50	3:12	1	-	1	-
Lauf	2.50	13:05	5:14	1	-	3	1:03	37.00	2:03:55	3:20	1	-	1	-
Lauf 000	7.50	39:01	5:12	2	0:10	4	2:41	37.00	2:03:55	3:20	1	-	1	-