



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Tom Moldenhauer

000: 2:17:46

00: SV Siemens

00: 55

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 49 (of 74)

00000/0: 42 (of 58)

000000: 1:33:38

0000:

AK 20 M

00000: 4(of 4)

0000000: 1:48:04

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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 | 13:39 | 27:18 | 3 | 5:14 | 35 | 6:11 | 0.50 | 13:39 | 27:18 | 3 | 5:14 | 35 | 6:11 |
| Wechsel Schw.-R | - | 4:02 | - | 4 | 2:19 | 52 | 3:09 | 0.50 | 17:41 | 35:22 | 3 | 7:33 | 38 | 9:10 |
| Schwimmen 000 | 0.50 | 17:41 | 35:22 | 3 | 7:33 | 38 | 9:10 | 0.50 | 17:41 | 35:22 | 3 | 7:33 | 38 | 9:10 |
| Vorrunde Rad | 2.00 | 5:26 | 2:43 | 4 | 0:27 | 35 | 1:26 | 2.50 | 23:07 | 9:14 | 3 | 8:00 | 38 | 10:04 |
| Runde Rad | 9.00 | 23:46 | 2:38 | 4 | 4:10 | 44 | 6:56 | 11.50 | 46:53 | 4:04 | 4 | 12:10 | 40 | 16:49 |
| Runde Rad | 9.00 | 24:05 | 2:40 | 4 | 4:38 | 41 | 7:05 | 20.50 | 1:10:58 | 3:27 | 4 | 16:30 | 40 | 23:37 |
| Runde Rad | 9.00 | 24:36 | 2:44 | 4 | 4:43 | 38 | 6:57 | 29.50 | 1:35:34 | 3:14 | 4 | 20:57 | 41 | 30:29 |
| Wechsel Rad-Lau | - | 0:11 | - | 1 | - | 10 | 0:05 | 29.50 | 1:35:45 | 3:14 | 4 | 20:08 | 40 | 30:17 |
| Rad 000 | 29.00 | 1:18:04 | 2:41 | 4 | 12:58 | 44 | 1:18:04 | 29.50 | 1:35:45 | 3:14 | 4 | 20:08 | 40 | 30:17 |
| Runde Laufen | 2.50 | 13:39 | 5:27 | 4 | 2:59 | 40 | 4:33 | 32.00 | 1:49:24 | 3:25 | 4 | 23:07 | 39 | 34:03 |
| Runde Laufen | 2.50 | 14:07 | 5:38 | 4 | 3:12 | 41 | 5:03 | 34.50 | 2:03:31 | 3:34 | 4 | 26:19 | 41 | 38:52 |
| Lauf | 2.50 | 14:15 | 5:42 | 4 | 3:23 | 45 | 5:16 | 37.00 | 2:17:46 | 3:43 | 4 | 29:42 | 42 | 44:08 |
| Lauf 000 | 7.50 | 42:01 | 5:36 | 4 | 9:34 | 42 | 14:52 | 37.00 | 2:17:46 | 3:43 | 4 | 29:42 | 42 | 44:08 |