



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