



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Janine Thureau

000: 2:09:48

00: 67

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 39 (of 74)

00000/0: 5 (of 16)

000000: 2:03:55

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AK 40, Seniorinnen 1

00000: 3(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	12:23	24:45	2	1:41	2	1:41	0.50	12:23	24:45	2	1:41	2	1:41
Wechsel Schw.-R	-	1:56	-	1	-	3	0:18	0.50	14:19	28:37	2	1:33	2	1:33
Schwimmen 000	0.50	14:19	28:37	2	1:33	2	1:33	0.50	14:19	28:37	2	1:33	2	1:33
Vorrunde Rad	2.00	5:34	2:46	3	0:31	5	0:43	2.50	19:53	7:57	3	1:39	4	1:39
Runde Rad	9.00	23:03	2:33	3	1:51	5	2:32	11.50	42:56	3:43	3	2:41	4	2:41
Runde Rad	9.00	23:16	2:35	3	1:22	6	2:26	20.50	1:06:12	3:13	3	4:03	5	5:01
Runde Rad	9.00	24:02	2:40	3	1:50	5	1:50	29.50	1:30:14	3:03	3	5:53	5	5:53
Wechsel Rad-Lau	-	0:43	-	4	0:33	12	0:33	29.50	1:30:57	3:04	3	6:03	5	6:03
Rad 000	29.00	1:16:38	2:38	3	4:48	6	4:48	29.50	1:30:57	3:04	3	6:03	5	6:03
Runde Laufen	2.50	12:55	5:09	3	0:24	5	1:15	32.00	1:43:52	3:14	3	6:15	6	6:15
Runde Laufen	2.50	12:51	5:08	1	-	3	0:37	34.50	1:56:43	3:22	3	5:53	5	5:53
Lauf	2.50	13:05	5:14	1	-	3	1:03	37.00	2:09:48	3:30	3	5:53	5	5:53
Lauf 000	7.50	38:51	5:10	1	-	3	2:31	37.00	2:09:48	3:30	3	5:53	5	5:53