



Hexengrund-Triathlon

Engerda / 10.09.2022

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Andrea Münsberg

□□□: 2:37:02

□□: Laufrausch Rudolstadt

□□: 41

□□: 37.00 km

Hexengrund-Triathlon 37 km

□□□□□/□□□: 63 (of 74)

□□□□□/□: 12 (of 16)

□□□□□□: 2:03:55

□□□□:

AK 40, Seniorinnen 1

□□□□□: 4(of 5)

□□□□□□□: 2:03:55

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 13:35 | 27:10 | 4 | 2:53 | 10 | 2:53 | 0.50 | 13:35 | 27:10 | 4 | 2:53 | 10 | 2:53 |
| Wechsel Schw.-R | - | 4:44 | - | 5 | 2:48 | 13 | 3:06 | 0.50 | 18:19 | 36:37 | 4 | 5:33 | 11 | 5:33 |
| Schwimmen □□□ | 0.50 | 18:19 | 36:37 | 4 | 5:33 | 11 | 5:33 | 0.50 | 18:19 | 36:37 | 4 | 5:33 | 11 | 5:33 |
| Vorrunde Rad | 2.00 | 6:10 | 3:05 | 4 | 1:07 | 12 | 1:19 | 2.50 | 24:29 | 9:47 | 4 | 6:15 | 12 | 6:15 |
| Runde Rad | 9.00 | 28:13 | 3:08 | 4 | 7:01 | 13 | 7:42 | 11.50 | 52:42 | 4:34 | 4 | 12:27 | 12 | 12:27 |
| Runde Rad | 9.00 | 27:24 | 3:02 | 4 | 5:30 | 12 | 6:34 | 20.50 | 1:20:06 | 3:54 | 4 | 17:57 | 12 | 18:55 |
| Runde Rad | 9.00 | 30:48 | 3:25 | 4 | 8:36 | 13 | 8:36 | 29.50 | 1:50:54 | 3:45 | 4 | 26:33 | 13 | 26:33 |
| Wechsel Rad-Lau | - | 0:18 | - | 2 | 0:08 | 8 | 0:08 | 29.50 | 1:51:12 | 3:46 | 4 | 26:18 | 13 | 26:18 |
| Rad □□□ | 29.00 | 1:32:53 | 3:12 | 4 | 21:03 | 13 | 21:03 | 29.50 | 1:51:12 | 3:46 | 4 | 26:18 | 13 | 26:18 |
| Runde Laufen | 2.50 | 14:22 | 5:44 | 4 | 1:51 | 11 | 2:42 | 32.00 | 2:05:34 | 3:55 | 4 | 27:57 | 12 | 27:57 |
| Runde Laufen | 2.50 | 15:28 | 6:11 | 4 | 2:37 | 11 | 3:14 | 34.50 | 2:21:02 | 4:05 | 4 | 30:12 | 12 | 30:12 |
| Lauf | 2.50 | 16:00 | 6:24 | 5 | 2:55 | 14 | 3:58 | 37.00 | 2:37:02 | 4:14 | 4 | 33:07 | 12 | 33:07 |
| Lauf □□□ | 7.50 | 45:50 | 6:06 | 4 | 6:59 | 11 | 9:30 | 37.00 | 2:37:02 | 4:14 | 4 | 33:07 | 12 | 33:07 |