



# 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

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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