



Hexengrund-Triathlon
Engerda / 10.09.2022

0000

Synke Schade

000: 2:58:49

00: 25

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 70 (of 74)

00000/0: 16 (of 16)

000000: 2:03:55

0000:

AK 40, Seniorinnen 1

00000: 5(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	16:55	33:50	5	6:13	16	6:13	0.50	16:55	33:50	5	6:13	16	6:13
Wechsel Schw.-R	-	3:29	-	4	1:33	11	1:51	0.50	20:24	40:47	5	7:38	15	7:38
Schwimmen 000	0.50	20:24	40:47	5	7:38	15	7:38	0.50	20:24	40:47	5	7:38	15	7:38
Vorrunde Rad	2.00	7:19	3:39	5	2:16	16	2:28	2.50	27:43	11:05	5	9:29	15	9:29
Runde Rad	9.00	34:24	3:49	5	13:12	16	13:53	11.50	1:02:07	5:24	5	21:52	16	21:52
Runde Rad	9.00	34:25	3:49	5	12:31	16	13:35	20.50	1:36:32	4:42	5	34:23	16	35:21
Runde Rad	9.00	35:44	3:58	5	13:32	16	13:32	29.50	2:12:16	4:29	5	47:55	16	47:55
Wechsel Rad-Lau	-	0:10	-	1	-	1	-	29.50	2:12:26	4:29	5	47:32	16	47:32
Rad 000	29.00	1:52:02	3:51	5	40:12	16	40:12	29.50	2:12:26	4:29	5	47:32	16	47:32
Runde Laufen	2.50	14:51	5:56	5	2:20	12	3:11	32.00	2:27:17	4:36	5	49:40	16	49:40
Runde Laufen	2.50	15:33	6:13	5	2:42	12	3:19	34.50	2:42:50	4:43	5	52:00	16	52:00
Lauf	2.50	15:59	6:23	4	2:54	13	3:57	37.00	2:58:49	4:49	5	54:54	16	54:54
Lauf 000	7.50	46:23	6:11	5	7:32	12	10:03	37.00	2:58:49	4:49	5	54:54	16	54:54