



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Patrick Broßmann

000: 1:43:20

00: 62

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 6 (of 74)

00000/0: 6 (of 58)

000000: 1:33:38

0000:

AK 45, Senioren 2

00000: 1(of 6)

0000000: 1:43:20

0000

0000

000

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	10:09	20:18	2	0:06	8	2:41	0.50	10:09	20:18	2	0:06	8	2:41
Wechsel Schw.-R	-	1:27	-	2	0:09	7	0:34	0.50	11:36	23:11	2	0:15	7	3:05
Schwimmen 000	0.50	11:36	23:11	2	0:15	7	3:05	0.50	11:36	23:11	2	0:15	7	3:05
Vorrunde Rad	2.00	4:44	2:22	1	-	13	0:44	2.50	16:20	6:31	1	-	5	3:17
Runde Rad	9.00	18:27	2:02	1	-	6	1:37	11.50	34:47	3:01	1	-	5	4:43
Runde Rad	9.00	17:46	1:58	1	-	4	0:46	20.50	52:33	2:33	1	-	4	5:12
Runde Rad	9.00	18:47	2:05	1	-	7	1:08	29.50	1:11:20	2:25	1	-	6	6:15
Wechsel Rad-Lau	-	0:51	-	5	0:42	36	0:45	29.50	1:12:11	2:26	1	-	6	6:43
Rad 000	29.00	1:00:35	2:05	1	-	10	1:00:35	29.50	1:12:11	2:26	1	-	6	6:43
Runde Laufen	2.50	10:30	4:12	1	-	8	1:24	32.00	1:22:41	2:35	1	-	5	7:20
Runde Laufen	2.50	10:29	4:11	1	-	7	1:25	34.50	1:33:10	2:42	1	-	6	8:31
Lauf	2.50	10:10	4:03	1	-	7	1:11	37.00	1:43:20	2:47	1	-	6	9:42
Lauf 000	7.50	31:09	4:09	1	-	7	4:00	37.00	1:43:20	2:47	1	-	6	9:42