



Hexengrund-Triathlon

Engerda / 10.09.2022

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Silvio Neidel

000: 1:56:37

00: Flöhe von der Höhe

00: 24

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 19 (of 74)

00000/0: 19 (of 58)

000000: 1:33:38

0000:

AK 45, Senioren 2

00000: 2(of 6)

0000000: 1:43:20

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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	11:28	22:56	3	1:25	16	4:00	0.50	11:28	22:56	3	1:25	16	4:00
Wechsel Schw.-R	-	2:44	-	4	1:26	34	1:51	0.50	14:12	28:23	4	2:51	20	5:41
Schwimmen 000	0.50	14:12	28:23	4	2:51	20	5:41	0.50	14:12	28:23	4	2:51	20	5:41
Vorrunde Rad	2.00	5:11	2:35	3	0:27	27	1:11	2.50	19:23	7:45	3	3:03	21	6:20
Runde Rad	9.00	20:48	2:18	2	2:21	24	3:58	11.50	40:11	3:29	3	5:24	22	10:07
Runde Rad	9.00	21:35	2:23	3	3:49	29	4:35	20.50	1:01:46	3:00	3	9:13	26	14:25
Runde Rad	9.00	21:54	2:25	3	3:07	28	4:15	29.50	1:23:40	2:50	2	12:20	25	18:35
Wechsel Rad-Lau	-	0:10	-	3	0:01	7	0:04	29.50	1:23:50	2:50	2	11:39	25	18:22
Rad 000	29.00	1:09:38	2:24	2	9:03	29	1:09:38	29.50	1:23:50	2:50	2	11:39	25	18:22
Runde Laufen	2.50	11:06	4:26	2	0:36	11	2:00	32.00	1:34:56	2:58	2	12:15	24	19:35
Runde Laufen	2.50	10:50	4:20	2	0:21	9	1:46	34.50	1:45:46	3:03	2	12:36	20	21:07
Lauf	2.50	10:51	4:20	2	0:41	9	1:52	37.00	1:56:37	3:09	2	13:17	19	22:59
Lauf 000	7.50	32:47	4:22	2	1:38	10	5:38	37.00	1:56:37	3:09	2	13:17	19	22:59