



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Michael Sieber

000: 2:03:55

00: DLRG Weimar

00: 54

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 30 (of 74)

00000/0: 29 (of 58)

000000: 1:33:38

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AK 45, Senioren 2

00000: 3(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	10:03	20:06	1	-	7	2:35	0.50	10:03	20:06	1	-	7	2:35
Wechsel Schw.-R	-	1:18	-	1	-	6	0:25	0.50	11:21	22:41	1	-	6	2:50
Schwimmen 000	0.50	11:21	22:41	1	-	6	2:50	0.50	11:21	22:41	1	-	6	2:50
Vorrunde Rad	2.00	5:15	2:37	4	0:31	29	1:15	2.50	16:36	6:38	2	0:16	7	3:33
Runde Rad	9.00	21:58	2:26	4	3:31	32	5:08	11.50	38:34	3:21	2	3:47	15	8:30
Runde Rad	9.00	22:35	2:30	4	4:49	33	5:35	20.50	1:01:09	2:58	2	8:36	24	13:48
Runde Rad	9.00	24:55	2:46	4	6:08	41	7:16	29.50	1:26:04	2:55	3	14:44	28	20:59
Wechsel Rad-Lau	-	0:09	-	1	-	4	0:03	29.50	1:26:13	2:55	3	14:02	28	20:45
Rad 000	29.00	1:14:52	2:34	4	14:17	39	1:14:52	29.50	1:26:13	2:55	3	14:02	28	20:45
Runde Laufen	2.50	12:37	5:02	5	2:07	30	3:31	32.00	1:38:50	3:05	3	16:09	27	23:29
Runde Laufen	2.50	12:35	5:01	3	2:06	25	3:31	34.50	1:51:25	3:13	3	18:15	27	26:46
Lauf	2.50	12:30	5:00	5	2:20	29	3:31	37.00	2:03:55	3:20	3	20:35	29	30:17
Lauf 000	7.50	37:42	5:01	4	6:33	29	10:33	37.00	2:03:55	3:20	3	20:35	29	30:17