



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

0000:

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 |