



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Tobias Raabe

000: 2:07:17

00: 69

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 35 (of 74)

00000/0: 33 (of 58)

000000: 1:33:38

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AK 45, Senioren 2

00000: 4(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	15:31	31:02	5	5:28	43	8:03	0.50	15:31	31:02	5	5:28	43	8:03
Wechsel Schw.-R	-	3:19	-	6	2:01	41	2:26	0.50	18:50	37:39	5	7:29	45	10:19
Schwimmen 000	0.50	18:50	37:39	5	7:29	45	10:19	0.50	18:50	37:39	5	7:29	45	10:19
Vorrunde Rad	2.00	4:57	2:28	2	0:13	18	0:57	2.50	23:47	9:30	5	7:27	42	10:44
Runde Rad	9.00	21:03	2:20	3	2:36	26	4:13	11.50	44:50	3:53	5	10:03	37	14:46
Runde Rad	9.00	21:00	2:20	2	3:14	23	4:00	20.50	1:05:50	3:12	4	13:17	35	18:29
Runde Rad	9.00	21:25	2:22	2	2:38	23	3:46	29.50	1:27:15	2:57	4	15:55	30	22:10
Wechsel Rad-Lau	-	1:50	-	6	1:41	50	1:44	29.50	1:29:05	3:01	4	16:54	34	23:37
Rad 000	29.00	1:10:15	2:25	3	9:40	33	1:10:15	29.50	1:29:05	3:01	4	16:54	34	23:37
Runde Laufen	2.50	12:33	5:01	4	2:03	29	3:27	32.00	1:41:38	3:10	4	18:57	32	26:17
Runde Laufen	2.50	13:13	5:17	5	2:44	32	4:09	34.50	1:54:51	3:19	4	21:41	33	30:12
Lauf	2.50	12:26	4:58	4	2:16	28	3:27	37.00	2:07:17	3:26	4	23:57	33	33:39
Lauf 000	7.50	38:12	5:05	5	7:03	30	11:03	37.00	2:07:17	3:26	4	23:57	33	33:39