



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Dirk Haun

000: 2:17:35

00: SV 1956 Großkochberg

00: 21

00: 37.00 km

00000/000: 48 (of 74)

Hexengrund-Triathlon 37 km

00000/0: 41 (of 58)

000000: 1:33:38

0000:

00000: 5(of 6)

AK 45, Senioren 2

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	12:13	24:26	4	2:10	19	4:45	0.50	12:13	24:26	4	2:10	19	4:45
Wechsel Schw.-R	-	1:27	-	2	0:09	7	0:34	0.50	13:40	27:19	3	2:19	15	5:09
Schwimmen 000	0.50	13:40	27:19	3	2:19	15	5:09	0.50	13:40	27:19	3	2:19	15	5:09
Vorrunde Rad	2.00	5:48	2:53	5	1:04	44	1:48	2.50	19:28	7:47	4	3:08	22	6:25
Runde Rad	9.00	23:36	2:37	5	5:09	40	6:46	11.50	43:04	3:44	4	8:17	33	13:00
Runde Rad	9.00	24:20	2:42	5	6:34	45	7:20	20.50	1:07:24	3:17	5	14:51	36	20:03
Runde Rad	9.00	25:00	2:46	5	6:13	42	7:21	29.50	1:32:24	3:07	5	21:04	37	27:19
Wechsel Rad-Lau	-	0:09	-	1	-	4	0:03	29.50	1:32:33	3:08	5	20:22	37	27:05
Rad 000	29.00	1:18:53	2:43	5	18:18	48	1:18:53	29.50	1:32:33	3:08	5	20:22	37	27:05
Runde Laufen	2.50	14:46	5:54	6	4:16	48	5:40	32.00	1:47:19	3:21	5	24:38	37	31:58
Runde Laufen	2.50	15:40	6:15	6	5:11	49	6:36	34.50	2:02:59	3:33	5	29:49	39	38:20
Lauf	2.50	14:36	5:50	6	4:26	47	5:37	37.00	2:17:35	3:43	5	34:15	41	43:57
Lauf 000	7.50	45:02	6:00	6	13:53	47	17:53	37.00	2:17:35	3:43	5	34:15	41	43:57