



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

BERND KALINOWSKI

000: 2:28:31

00: Sauer macht Lustig

00: 7

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 60 (of 74)

00000/0: 49 (of 58)

000000: 1:33:38

0000:

AK 45, Senioren 2

00000: 6(of 6)

0000000: 1:43:20

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	17:08	34:15	6	7:05	50	9:40	0.50	17:08	34:15	6	7:05	50	9:40
Wechsel Schw.-R	-	3:09	-	5	1:51	40	2:16	0.50	20:17	40:34	6	8:56	51	11:46
Schwimmen 000	0.50	20:17	40:34	6	8:56	51	11:46	0.50	20:17	40:34	6	8:56	51	11:46
Vorrunde Rad	2.00	6:16	3:07	6	1:32	53	2:16	2.50	26:33	10:37	6	10:13	51	13:30
Runde Rad	9.00	27:08	3:00	6	8:41	50	10:18	11.50	53:41	4:40	6	18:54	52	23:37
Runde Rad	9.00	28:12	3:07	6	10:26	50	11:12	20.50	1:21:53	3:59	6	29:20	51	34:32
Runde Rad	9.00	29:18	3:15	6	10:31	51	11:39	29.50	1:51:11	3:46	6	39:51	51	46:06
Wechsel Rad-Lau	-	0:11	-	4	0:02	10	0:05	29.50	1:51:22	3:46	6	39:11	51	45:54
Rad 000	29.00	1:31:05	3:08	6	30:30	55	1:31:05	29.50	1:51:22	3:46	6	39:11	51	45:54
Runde Laufen	2.50	12:11	4:52	3	1:41	25	3:05	32.00	2:03:33	3:51	6	40:52	50	48:12
Runde Laufen	2.50	12:42	5:04	4	2:13	26	3:38	34.50	2:16:15	3:56	6	43:05	49	51:36
Lauf	2.50	12:16	4:54	3	2:06	25	3:17	37.00	2:28:31	4:00	6	45:11	49	54:53
Lauf 000	7.50	37:09	4:57	3	6:00	26	10:00	37.00	2:28:31	4:00	6	45:11	49	54:53