



Hexengrund-Triathlon

Engerda / 10.09.2022

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Daniela Gohle

□□□: 2:12:44

□□: LAC Rudolstadt

□□: 23

□□: 37.00 km

Hexengrund-Triathlon 37 km

□□□□□/□□□: 44 (of 74)

□□□□□/□: 7 (of 16)

□□□□□□: 2:03:55

□□□□:

AK 45, Seniorinnen 2

□□□□□: 1(of 4)

□□□□□□□: 2:12:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:51	25:41	2	0:03	7	2:09	0.50	12:51	25:41	2	0:03	7	2:09	
Wechsel Schw.-R	-	1:38	-	1	-	1	-	0.50	14:29	28:57	1	-	3	1:43	
Schwimmen □□□	0.50	14:29	28:57	1	-	3	1:43	0.50	14:29	28:57	1	-	3	1:43	
Vorrunde Rad	2.00	5:37	2:48	2	0:10	6	0:46	2.50	20:06	8:02	1	-	5	1:52	
Runde Rad	9.00	23:09	2:34	1	-	6	2:38	11.50	43:15	3:45	1	-	5	3:00	
Runde Rad	9.00	22:56	2:32	1	-	5	2:06	20.50	1:06:11	3:13	1	-	4	5:00	
Runde Rad	9.00	23:30	2:36	1	-	3	1:18	29.50	1:29:41	3:02	1	-	4	5:20	
Wechsel Rad-Lau	-	0:13	-	2	0:03	6	0:03	29.50	1:29:54	3:02	1	-	4	5:00	
Rad □□□	29.00	1:15:25	2:36	1	-	4	3:35	29.50	1:29:54	3:02	1	-	4	5:00	
Runde Laufen	2.50	13:49	5:31	3	0:53	10	2:09	32.00	1:43:43	3:14	1	-	5	6:06	
Runde Laufen	2.50	14:26	5:46	2	0:39	9	2:12	34.50	1:58:09	3:25	1	-	6	7:19	
Lauf	2.50	14:35	5:50	2	0:59	9	2:33	37.00	2:12:44	3:35	1	-	7	8:49	
Lauf □□□	7.50	42:50	5:42	3	2:31	10	6:30	37.00	2:12:44	3:35	1	-	7	8:49	