



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Cindy Kahlfeld

000: 2:07:51

00: EKC

00: 27

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 37 (of 74)

00000/0: 3 (of 16)

000000: 2:03:55

0000:

AK 20 W

00000: 1(of 1)

0000000: 2:07:51

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	12:45	25:30	1	-	4	2:03	0.50	12:45	25:30	1	-	4	2:03
Wechsel Schw.-R	-	3:20	-	1	-	9	1:42	0.50	16:05	32:09	1	-	8	3:19
Schwimmen 000	0.50	16:05	32:09	1	-	8	3:19	0.50	16:05	32:09	1	-	8	3:19
Vorrunde Rad	2.00	5:37	2:48	1	-	6	0:46	2.50	21:42	8:40	1	-	7	3:28
Runde Rad	9.00	22:34	2:30	1	-	4	2:03	11.50	44:16	3:50	1	-	6	4:01
Runde Rad	9.00	22:53	2:32	1	-	4	2:03	20.50	1:07:09	3:16	1	-	6	5:58
Runde Rad	9.00	24:10	2:41	1	-	6	1:58	29.50	1:31:19	3:05	1	-	6	6:58
Wechsel Rad-Lau	-	0:12	-	1	-	3	0:02	29.50	1:31:31	3:06	1	-	6	6:37
Rad 000	29.00	1:15:26	2:36	1	-	5	3:36	29.50	1:31:31	3:06	1	-	6	6:37
Runde Laufen	2.50	11:50	4:44	1	-	2	0:10	32.00	1:43:21	3:13	1	-	4	5:44
Runde Laufen	2.50	12:14	4:53	1	-	1	-	34.50	1:55:35	3:21	1	-	4	4:45
Lauf	2.50	12:16	4:54	1	-	2	0:14	37.00	2:07:51	3:27	1	-	3	3:56
Lauf 000	7.50	36:20	4:50	1	-	1	-	37.00	2:07:51	3:27	1	-	3	3:56