



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Annett Beyer-Gloeckner

000: 2:20:24

00: Sauer macht Lustig

00: 6

00: 37.00 km

Hexengrund-Triathlon 37 km

0000:

AK 45, Seniorinnen 2

00000/000: 52 (of 74)

00000/0: 8 (of 16)

000000: 2:03:55

00000: 2(of 4)

0000000: 2:12:44

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	15:23	30:45	4	2:35	14	4:41	0.50	15:23	30:45	4	2:35	14	4:41	
Wechsel Schw.-R	-	3:02	-	3	1:24	8	1:24	0.50	18:25	36:50	4	3:56	12	5:39	
Schwimmen 000	0.50	18:25	36:50	4	3:56	12	5:39	0.50	18:25	36:50	4	3:56	12	5:39	
Vorrunde Rad	2.00	5:39	2:49	3	0:12	8	0:48	2.50	24:04	9:37	4	3:58	11	5:50	
Runde Rad	9.00	25:03	2:46	3	1:54	9	4:32	11.50	49:07	4:16	4	5:52	11	8:52	
Runde Rad	9.00	24:17	2:41	2	1:21	8	3:27	20.50	1:13:24	3:34	3	7:13	9	12:13	
Runde Rad	9.00	24:46	2:45	2	1:16	8	2:34	29.50	1:38:10	3:19	3	8:29	9	13:49	
Wechsel Rad-Lau	-	1:55	-	4	1:45	16	1:45	29.50	1:40:05	3:23	3	10:11	9	15:11	
Rad 000	29.00	1:21:40	2:48	3	6:15	9	9:50	29.50	1:40:05	3:23	3	10:11	9	15:11	
Runde Laufen	2.50	12:56	5:10	1	-	6	1:16	32.00	1:53:01	3:31	2	9:18	8	15:24	
Runde Laufen	2.50	13:47	5:30	1	-	7	1:33	34.50	2:06:48	3:40	2	8:39	8	15:58	
Lauf	2.50	13:36	5:26	1	-	7	1:34	37.00	2:20:24	3:47	2	7:40	8	16:29	
Lauf 000	7.50	40:19	5:22	1	-	6	3:59	37.00	2:20:24	3:47	2	7:40	8	16:29	