



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Claudia Paul

000: 2:25:04

00: Team Maisfeld

00: 11

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 56 (of 74)

00000/0: 10 (of 16)

000000: 2:03:55

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AK 45, Seniorinnen 2

00000: 3(of 4)

0000000: 2:12:44

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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	13:23	26:45	3	0:35	9	2:41	0.50	13:23	26:45	3	0:35	9	2:41
Wechsel Schw.-R	-	3:25	-	4	1:47	10	1:47	0.50	16:48	33:36	3	2:19	9	4:02
Schwimmen 000	0.50	16:48	33:36	3	2:19	9	4:02	0.50	16:48	33:36	3	2:19	9	4:02
Vorrunde Rad	2.00	5:27	2:43	1	-	3	0:36	2.50	22:15	8:54	3	2:09	9	4:01
Runde Rad	9.00	24:19	2:42	2	1:10	8	3:48	11.50	46:34	4:02	2	3:19	7	6:19
Runde Rad	9.00	25:01	2:46	3	2:05	9	4:11	20.50	1:11:35	3:29	2	5:24	8	10:24
Runde Rad	9.00	25:21	2:49	3	1:51	9	3:09	29.50	1:36:56	3:17	2	7:15	8	12:35
Wechsel Rad-Lau	-	0:18	-	3	0:08	8	0:08	29.50	1:37:14	3:17	2	7:20	8	12:20
Rad 000	29.00	1:20:26	2:46	2	5:01	8	8:36	29.50	1:37:14	3:17	2	7:20	8	12:20
Runde Laufen	2.50	15:53	6:21	4	2:57	14	4:13	32.00	1:53:07	3:32	3	9:24	9	15:30
Runde Laufen	2.50	16:12	6:28	4	2:25	14	3:58	34.50	2:09:19	3:44	3	11:10	10	18:29
Lauf	2.50	15:45	6:17	4	2:09	12	3:43	37.00	2:25:04	3:55	3	12:20	10	21:09
Lauf 000	7.50	47:50	6:22	4	7:31	14	11:30	37.00	2:25:04	3:55	3	12:20	10	21:09