



Hexengrund-Triathlon

Engerda / 10.09.2022

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Ulrike Glatz

□□□: 2:27:31

□□: DLRG Weimar

□□: 43

□□: 37.00 km

Hexengrund-Triathlon 37 km

□□□□□/□□□: 59 (of 74)

□□□□□/□: 11 (of 16)

□□□□□□: 2:03:55

□□□□:

AK 45, Seniorinnen 2

□□□□□: 4(of 4)

□□□□□□□: 2:12:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:48	25:36	1	-	5	2:06	0.50	12:48	25:36	1	-	5	2:06	
Wechsel Schw.-R	-	1:47	-	2	0:09	2	0:09	0.50	14:35	29:10	2	0:06	4	1:49	
Schwimmen □□□	0.50	14:35	29:10	2	0:06	4	1:49	0.50	14:35	29:10	2	0:06	4	1:49	
Vorrunde Rad	2.00	5:57	2:58	4	0:30	10	1:06	2.50	20:32	8:12	2	0:26	6	2:18	
Runde Rad	9.00	27:33	3:03	4	4:24	12	7:02	11.50	48:05	4:10	3	4:50	9	7:50	
Runde Rad	9.00	27:42	3:04	4	4:46	13	6:52	20.50	1:15:47	3:41	4	9:36	11	14:36	
Runde Rad	9.00	29:17	3:15	4	5:47	11	7:05	29.50	1:45:04	3:33	4	15:23	11	20:43	
Wechsel Rad-Lau	-	0:10	-	1	-	1	-	29.50	1:45:14	3:34	4	15:20	11	20:20	
Rad □□□	29.00	1:30:39	3:07	4	15:14	12	18:49	29.50	1:45:14	3:34	4	15:20	11	20:20	
Runde Laufen	2.50	13:05	5:14	2	0:09	7	1:25	32.00	1:58:19	3:41	4	14:36	11	20:42	
Runde Laufen	2.50	14:29	5:47	3	0:42	10	2:15	34.50	2:12:48	3:50	4	14:39	11	21:58	
Lauf	2.50	14:43	5:53	3	1:07	10	2:41	37.00	2:27:31	3:59	4	14:47	11	23:36	
Lauf □□□	7.50	42:17	5:38	2	1:58	9	5:57	37.00	2:27:31	3:59	4	14:47	11	23:36	