



# Hexengrund-Triathlon

Engerda / 10.09.2022

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Michael Raabe

000: 1:50:34

00: Thüringer Bergziegen

00: 65

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 10 (of 74)

00000/0: 10 (of 58)

000000: 1:33:38

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AK 50, Senioren 3

00000: 1(of 8)

0000000: 1:50:34

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	15:28	30:56	5	4:57	42	8:00	0.50	15:28	30:56	5	4:57	42	8:00
Wechsel Schw.-R	-	2:01	-	5	0:34	22	1:08	0.50	17:29	34:58	5	5:30	37	8:58
Schwimmen 000	0.50	17:29	34:58	5	5:30	37	8:58	0.50	17:29	34:58	5	5:30	37	8:58
Vorrunde Rad	2.00	4:26	2:13	2	0:04	4	0:26	2.50	21:55	8:46	5	4:43	34	8:52
Runde Rad	9.00	19:07	2:07	2	1:00	11	2:17	11.50	41:02	3:34	4	4:06	27	10:58
Runde Rad	9.00	19:00	2:06	2	0:08	10	2:00	20.50	1:00:02	2:55	4	4:14	20	12:41
Runde Rad	9.00	19:14	2:08	1	-	9	1:35	29.50	1:19:16	2:41	2	4:00	14	14:11
Wechsel Rad-Lau	-	0:06	-	1	-	1	-	29.50	1:19:22	2:41	2	3:00	13	13:54
Rad 000	29.00	1:01:53	2:08	2	1:01:53	14	1:01:53	29.50	1:19:22	2:41	2	3:00	13	13:54
Runde Laufen	2.50	10:18	4:07	1	-	7	1:12	32.00	1:29:40	2:48	2	1:13	11	14:19
Runde Laufen	2.50	10:32	4:12	1	-	8	1:28	34.50	1:40:12	2:54	1	-	10	15:33
Lauf	2.50	10:22	4:08	1	-	8	1:23	37.00	1:50:34	2:59	1	-	10	16:56
Lauf 000	7.50	31:12	4:09	1	-	8	4:03	37.00	1:50:34	2:59	1	-	10	16:56