



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Ingo Walter

000: 1:52:36

00: 22

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 11 (of 74)

00000/0: 11 (of 58)

000000: 1:33:38

0000:

AK 50, Senioren 3

00000: 2(of 8)

0000000: 1:50:34

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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 | 12:34 | 25:07 | 3 | 2:03 | 20 | 5:06 | 0.50 | 12:34 | 25:07 | 3 | 2:03 | 20 | 5:06 |
| Wechsel Schw.-R | - | 1:53 | - | 4 | 0:26 | 19 | 1:00 | 0.50 | 14:27 | 28:53 | 3 | 2:28 | 22 | 5:56 |
| Schwimmen 000 | 0.50 | 14:27 | 28:53 | 3 | 2:28 | 22 | 5:56 | 0.50 | 14:27 | 28:53 | 3 | 2:28 | 22 | 5:56 |
| Vorrunde Rad | 2.00 | 4:22 | 2:10 | 1 | - | 3 | 0:22 | 2.50 | 18:49 | 7:31 | 2 | 1:37 | 16 | 5:46 |
| Runde Rad | 9.00 | 18:07 | 2:00 | 1 | - | 5 | 1:17 | 11.50 | 36:56 | 3:12 | 1 | - | 11 | 6:52 |
| Runde Rad | 9.00 | 18:52 | 2:05 | 1 | - | 8 | 1:52 | 20.50 | 55:48 | 2:43 | 1 | - | 10 | 8:27 |
| Runde Rad | 9.00 | 19:28 | 2:09 | 2 | 0:14 | 12 | 1:49 | 29.50 | 1:15:16 | 2:33 | 1 | - | 10 | 10:11 |
| Wechsel Rad-Lau | - | 1:06 | - | 6 | 1:00 | 45 | 1:00 | 29.50 | 1:16:22 | 2:35 | 1 | - | 10 | 10:54 |
| Rad 000 | 29.00 | 1:01:55 | 2:08 | 3 | 1:01:55 | 15 | 1:01:55 | 29.50 | 1:16:22 | 2:35 | 1 | - | 10 | 10:54 |
| Runde Laufen | 2.50 | 12:05 | 4:50 | 4 | 1:47 | 23 | 2:59 | 32.00 | 1:28:27 | 2:45 | 1 | - | 10 | 13:06 |
| Runde Laufen | 2.50 | 12:29 | 4:59 | 4 | 1:57 | 24 | 3:25 | 34.50 | 1:40:56 | 2:55 | 2 | 0:44 | 11 | 16:17 |
| Lauf | 2.50 | 11:40 | 4:39 | 4 | 1:18 | 21 | 2:41 | 37.00 | 1:52:36 | 3:02 | 2 | 2:02 | 11 | 18:58 |
| Lauf 000 | 7.50 | 36:14 | 4:49 | 4 | 5:02 | 21 | 9:05 | 37.00 | 1:52:36 | 3:02 | 2 | 2:02 | 11 | 18:58 |