



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

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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