



Hexengrund-Triathlon

Engerda / 10.09.2022

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Thomas Beyer

000: 1:54:03

00: Team Prachtregion Meiningen

00: 39

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 12 (of 74)

00000/0: 12 (of 58)

000000: 1:33:38

0000:

AK 50, Senioren 3

00000: 3(of 8)

0000000: 1:50:34

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	12:54	25:48	4	2:23	22	5:26	0.50	12:54	25:48	4	2:23	22	5:26
Wechsel Schw.-R	-	1:43	-	3	0:16	14	0:50	0.50	14:37	29:14	4	2:38	23	6:06
Schwimmen 000	0.50	14:37	29:14	4	2:38	23	6:06	0.50	14:37	29:14	4	2:38	23	6:06
Vorrunde Rad	2.00	5:02	2:30	3	0:40	25	1:02	2.50	19:39	7:51	4	2:27	23	6:36
Runde Rad	9.00	19:57	2:13	3	1:50	17	3:07	11.50	39:36	3:26	3	2:40	20	9:32
Runde Rad	9.00	19:48	2:12	3	0:56	15	2:48	20.50	59:24	2:53	2	3:36	15	12:03
Runde Rad	9.00	19:56	2:12	3	0:42	15	2:17	29.50	1:19:20	2:41	3	4:04	16	14:15
Wechsel Rad-Lau	-	0:22	-	3	0:16	24	0:16	29.50	1:19:42	2:42	3	3:20	17	14:14
Rad 000	29.00	1:05:05	2:14	4	1:05:05	18	1:05:05	29.50	1:19:42	2:42	3	3:20	17	14:14
Runde Laufen	2.50	11:42	4:40	3	1:24	18	2:36	32.00	1:31:24	2:51	3	2:57	14	16:03
Runde Laufen	2.50	11:36	4:38	2	1:04	16	2:32	34.50	1:43:00	2:59	3	2:48	14	18:21
Lauf	2.50	11:03	4:25	2	0:41	13	2:04	37.00	1:54:03	3:04	3	3:29	12	20:25
Lauf 000	7.50	34:21	4:34	2	3:09	15	7:12	37.00	1:54:03	3:04	3	3:29	12	20:25