



Hexengrund-Triathlon

Engerda / 10.09.2022

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Thomas Rabe

000: 1:57:30

00: 32

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 21 (of 74)

00000/0: 21 (of 58)

000000: 1:33:38

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AK 50, Senioren 3

00000: 4(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	10:31	21:02	1	-	10	3:03	0.50	10:31	21:02	1	-	10	3:03
Wechsel Schw.-R	-	1:28	-	2	0:01	10	0:35	0.50	11:59	23:57	1	-	8	3:28
Schwimmen 000	0.50	11:59	23:57	1	-	8	3:28	0.50	11:59	23:57	1	-	8	3:28
Vorrunde Rad	2.00	5:13	2:36	4	0:51	28	1:13	2.50	17:12	6:52	1	-	11	4:09
Runde Rad	9.00	21:21	2:22	4	3:14	27	4:31	11.50	38:33	3:21	2	1:37	14	8:29
Runde Rad	9.00	21:18	2:22	4	2:26	26	4:18	20.50	59:51	2:55	3	4:03	18	12:30
Runde Rad	9.00	21:47	2:25	4	2:33	25	4:08	29.50	1:21:38	2:46	4	6:22	22	16:33
Wechsel Rad-Lau	-	0:54	-	5	0:48	40	0:48	29.50	1:22:32	2:47	4	6:10	23	17:04
Rad 000	29.00	1:10:33	2:25	5	1:10:33	34	1:10:33	29.50	1:22:32	2:47	4	6:10	23	17:04
Runde Laufen	2.50	11:24	4:33	2	1:06	16	2:18	32.00	1:33:56	2:56	4	5:29	22	18:35
Runde Laufen	2.50	11:56	4:46	3	1:24	19	2:52	34.50	1:45:52	3:04	4	5:40	22	21:13
Lauf	2.50	11:38	4:39	3	1:16	20	2:39	37.00	1:57:30	3:10	4	6:56	21	23:52
Lauf 000	7.50	34:58	4:39	3	3:46	18	7:49	37.00	1:57:30	3:10	4	6:56	21	23:52