



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Marko Huml

000: 2:10:15

00: Triathlon Jena e.V.

00: 31

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 40 (of 74)

00000/0: 35 (of 58)

000000: 1:33:38

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AK 50, Senioren 3

00000: 5(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	11:26	22:52	2	0:55	15	3:58	0.50	11:26	22:52	2	0:55	15	3:58
Wechsel Schw.-R	-	1:27	-	1	-	7	0:34	0.50	12:53	25:45	2	0:54	12	4:22
Schwimmen 000	0.50	12:53	25:45	2	0:54	12	4:22	0.50	12:53	25:45	2	0:54	12	4:22
Vorrunde Rad	2.00	6:01	3:00	7	1:39	51	2:01	2.50	18:54	7:33	3	1:42	17	5:51
Runde Rad	9.00	22:32	2:30	5	4:25	35	5:42	11.50	41:26	3:36	5	4:30	29	11:22
Runde Rad	9.00	23:11	2:34	6	4:19	37	6:11	20.50	1:04:37	3:09	5	8:49	31	17:16
Runde Rad	9.00	23:27	2:36	6	4:13	35	5:48	29.50	1:28:04	2:59	5	12:48	34	22:59
Wechsel Rad-Lau	-	0:13	-	2	0:07	17	0:07	29.50	1:28:17	2:59	5	11:55	33	22:49
Rad 000	29.00	1:15:24	2:36	6	1:15:24	40	1:15:24	29.50	1:28:17	2:59	5	11:55	33	22:49
Runde Laufen	2.50	14:09	5:39	6	3:51	45	5:03	32.00	1:42:26	3:12	5	13:59	35	27:05
Runde Laufen	2.50	14:01	5:36	5	3:29	40	4:57	34.50	1:56:27	3:22	5	16:15	34	31:48
Lauf	2.50	13:48	5:31	6	3:26	40	4:49	37.00	2:10:15	3:31	5	19:41	35	36:37
Lauf 000	7.50	41:58	5:35	6	10:46	41	14:49	37.00	2:10:15	3:31	5	19:41	35	36:37