



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Dirk Ertner

000: 2:18:57

00: Kids Running e.V.

00: 33

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 51 (of 74)

00000/0: 44 (of 58)

000000: 1:33:38

0000:

AK 50, Senioren 3

00000: 6(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 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	17:24	34:47	7	6:53	53	9:56	0.50	17:24	34:47	7	6:53	53	9:56	
Wechsel Schw.-R	-	3:46	-	7	2:19	51	2:53	0.50	21:10	42:20	7	9:11	53	12:39	
Schwimmen 000	0.50	21:10	42:20	7	9:11	53	12:39	0.50	21:10	42:20	7	9:11	53	12:39	
Vorrunde Rad	2.00	5:33	2:46	5	1:11	39	1:33	2.50	26:43	10:41	7	9:31	53	13:40	
Runde Rad	9.00	22:53	2:32	6	4:46	36	6:03	11.50	49:36	4:18	7	12:40	48	19:32	
Runde Rad	9.00	22:45	2:31	5	3:53	34	5:45	20.50	1:12:21	3:31	6	16:33	43	25:00	
Runde Rad	9.00	23:06	2:34	5	3:52	33	5:27	29.50	1:35:27	3:14	6	20:11	40	30:22	
Wechsel Rad-Lau	-	1:57	-	7	1:51	51	1:51	29.50	1:37:24	3:18	6	21:02	42	31:56	
Rad 000	29.00	1:16:14	2:37	7	1:16:14	42	1:16:14	29.50	1:37:24	3:18	6	21:02	42	31:56	
Runde Laufen	2.50	13:35	5:26	5	3:17	39	4:29	32.00	1:50:59	3:28	6	22:32	43	35:38	
Runde Laufen	2.50	14:11	5:40	6	3:39	42	5:07	34.50	2:05:10	3:37	6	24:58	42	40:31	
Lauf	2.50	13:47	5:30	5	3:25	39	4:48	37.00	2:18:57	3:45	6	28:23	44	45:19	
Lauf 000	7.50	41:33	5:32	5	10:21	40	14:24	37.00	2:18:57	3:45	6	28:23	44	45:19	