



Hexengrund-Triathlon

Engerda / 10.09.2022

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Schinobi Bauer

□□□: 2:35:30

□□: Laufrausch Rudolstadt

□□: 42

□□: 37.00 km

Hexengrund-Triathlon 37 km

□□□□□/□□□: 62 (of 74)

□□□□□/□: 51 (of 58)

□□□□□□: 1:33:38

□□□□:

AK 50, Senioren 3

□□□□□: 7 (of 8)

□□□□□□□: 1:50:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	15:34	31:07	6	5:03	45	8:06	0.50	15:34	31:07	6	5:03	45	8:06
Wechsel Schw.-R	-	2:47	-	6	1:20	35	1:54	0.50	18:21	36:42	6	6:22	42	9:50
Schwimmen □□□	0.50	18:21	36:42	6	6:22	42	9:50	0.50	18:21	36:42	6	6:22	42	9:50
Vorrunde Rad	2.00	5:46	2:53	6	1:24	43	1:46	2.50	24:07	9:38	6	6:55	44	11:04
Runde Rad	9.00	25:08	2:47	7	7:01	48	8:18	11.50	49:15	4:16	6	12:19	46	19:11
Runde Rad	9.00	27:05	3:00	7	8:13	48	10:05	20.50	1:16:20	3:43	7	20:32	48	28:59
Runde Rad	9.00	28:01	3:06	7	8:47	49	10:22	29.50	1:44:21	3:32	7	29:05	49	39:16
Wechsel Rad-Lau	-	0:36	-	4	0:30	31	0:30	29.50	1:44:57	3:33	7	28:35	49	39:29
Rad □□□	29.00	1:26:36	2:59	8	1:26:36	54	1:26:36	29.50	1:44:57	3:33	7	28:35	49	39:29
Runde Laufen	2.50	17:11	6:52	7	6:53	52	8:05	32.00	2:02:08	3:49	7	33:41	49	46:47
Runde Laufen	2.50	16:57	6:46	7	6:25	51	7:53	34.50	2:19:05	4:01	7	38:53	50	54:26
Lauf	2.50	16:25	6:34	7	6:03	49	7:26	37.00	2:35:30	4:12	7	44:56	51	1:01:52
Lauf □□□	7.50	50:33	6:44	7	19:21	51	23:24	37.00	2:35:30	4:12	7	44:56	51	1:01:52