



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Gabi Bröse

000: 2:47:39

00: Kids Running Rudolstadt

00: 51

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 67 (of 74)

00000/0: 14 (of 16)

000000: 2:03:55

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AK 50, Seniorinnen 3

00000: 1(of 1)

0000000: 2:47:39

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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	15:31	31:02	1	-	15	4:49	0.50	15:31	31:02	1	-	15	4:49
Wechsel Schw.-R	-	5:21	-	1	-	14	3:43	0.50	20:52	41:44	1	-	16	8:06
Schwimmen 000	0.50	20:52	41:44	1	-	16	8:06	0.50	20:52	41:44	1	-	16	8:06
Vorrunde Rad	2.00	7:12	3:36	1	-	15	2:21	2.50	28:04	11:13	1	-	16	9:50
Runde Rad	9.00	29:28	3:16	1	-	15	8:57	11.50	57:32	5:00	1	-	15	17:17
Runde Rad	9.00	29:36	3:17	1	-	14	8:46	20.50	1:27:08	4:15	1	-	15	25:57
Runde Rad	9.00	31:29	3:29	1	-	14	9:17	29.50	1:58:37	4:01	1	-	15	34:16
Wechsel Rad-Lau	-	0:40	-	1	-	11	0:30	29.50	1:59:17	4:02	1	-	15	34:23
Rad 000	29.00	1:38:25	3:23	1	-	14	26:35	29.50	1:59:17	4:02	1	-	15	34:23
Runde Laufen	2.50	16:05	6:25	1	-	15	4:25	32.00	2:15:22	4:13	1	-	15	37:45
Runde Laufen	2.50	16:17	6:30	1	-	15	4:03	34.50	2:31:39	4:23	1	-	14	40:49
Lauf	2.50	16:00	6:24	1	-	14	3:58	37.00	2:47:39	4:31	1	-	14	43:44
Lauf 000	7.50	48:22	6:26	1	-	15	12:02	37.00	2:47:39	4:31	1	-	14	43:44