



Hexengrund-Triathlon

Engerda / 10.09.2022

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Günter Lauterbach

□□□: 1:45:08

□□: Power Bärs Rednitzhembach

□□: 72

□□: 37.00 km

Hexengrund-Triathlon 37 km

□□□□□/□□□: 8 (of 74)

□□□□□/□: 8 (of 58)

□□□□□□: 1:33:38

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AK 55, Senioren 4

□□□□□: 1(of 6)

□□□□□□□: 1:45:08

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	9:57	19:53	1	-	6	2:29	0.50	9:57	19:53	1	-	6	2:29
Wechsel Schw.-R	-	1:16	-	1	-	5	0:23	0.50	11:13	22:26	1	-	5	2:42
Schwimmen □□□	0.50	11:13	22:26	1	-	5	2:42	0.50	11:13	22:26	1	-	5	2:42
Vorrunde Rad	2.00	4:27	2:13	1	-	5	0:27	2.50	15:40	6:15	1	-	4	2:37
Runde Rad	9.00	18:40	2:04	1	-	8	1:50	11.50	34:20	2:59	1	-	3	4:16
Runde Rad	9.00	18:25	2:02	1	-	7	1:25	20.50	52:45	2:34	1	-	5	5:24
Runde Rad	9.00	18:24	2:02	1	-	5	0:45	29.50	1:11:09	2:24	1	-	4	6:04
Wechsel Rad-Lau	-	0:35	-	2	0:08	30	0:29	29.50	1:11:44	2:25	1	-	4	6:16
Rad □□□	29.00	1:00:31	2:05	3	1:00:31	9	1:00:31	29.50	1:11:44	2:25	1	-	4	6:16
Runde Laufen	2.50	11:07	4:26	1	-	12	2:01	32.00	1:22:51	2:35	1	-	7	7:30
Runde Laufen	2.50	11:16	4:30	1	-	11	2:12	34.50	1:34:07	2:43	1	-	7	9:28
Lauf	2.50	11:01	4:24	1	-	12	2:02	37.00	1:45:08	2:50	1	-	8	11:30
Lauf □□□	7.50	33:24	4:27	1	-	11	6:15	37.00	1:45:08	2:50	1	-	8	11:30