



Hexengrund-Triathlon

Engerda / 10.09.2022

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Matthias Teichmann

000: 2:07:32

00: 40

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 36 (of 74)

00000/0: 34 (of 58)

000000: 1:33:38

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AK 55, Senioren 4

00000: 2(of 6)

0000000: 1:45:08

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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	14:33	29:06	3	4:36	40	7:05	0.50	14:33	29:06	3	4:36	40	7:05
Wechsel Schw.-R	-	3:38	-	4	2:22	48	2:45	0.50	18:11	36:22	4	6:58	40	9:40
Schwimmen 000	0.50	18:11	36:22	4	6:58	40	9:40	0.50	18:11	36:22	4	6:58	40	9:40
Vorrunde Rad	2.00	4:58	2:29	2	0:31	20	0:58	2.50	23:09	9:15	4	7:29	39	10:06
Runde Rad	9.00	21:21	2:22	2	2:41	27	4:31	11.50	44:30	3:52	3	10:10	36	14:26
Runde Rad	9.00	21:05	2:20	2	2:40	24	4:05	20.50	1:05:35	3:11	3	12:50	33	18:14
Runde Rad	9.00	21:52	2:25	2	3:28	26	4:13	29.50	1:27:27	2:57	2	16:18	31	22:22
Wechsel Rad-Lau	-	0:27	-	1	-	29	0:21	29.50	1:27:54	2:58	2	16:10	31	22:26
Rad 000	29.00	1:09:43	2:24	4	1:09:43	31	1:09:43	29.50	1:27:54	2:58	2	16:10	31	22:26
Runde Laufen	2.50	13:25	5:21	2	2:18	37	4:19	32.00	1:41:19	3:09	2	18:28	31	25:58
Runde Laufen	2.50	13:31	5:24	2	2:15	38	4:27	34.50	1:54:50	3:19	2	20:43	32	30:11
Lauf	2.50	12:42	5:04	2	1:41	30	3:43	37.00	2:07:32	3:26	2	22:24	34	33:54
Lauf 000	7.50	39:38	5:17	2	6:14	34	12:29	37.00	2:07:32	3:26	2	22:24	34	33:54