



Hexengrund-Triathlon

Engerda / 10.09.2022

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Markus Weitzel

000: 2:10:42

00: SV 1956 Großkochnerg e.V.

00: 4

00: 37.00 km

00000/000: 41 (of 74)

Hexengrund-Triathlon 37 km

00000/0: 36 (of 58)

000000: 1:33:38

0000:

00000: 3(of 6)

AK 55, Senioren 4

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	13:28	26:56	2	3:31	33	6:00	0.50	13:28	26:56	2	3:31	33	6:00
Wechsel Schw.-R	-	2:27	-	3	1:11	27	1:34	0.50	15:55	31:49	2	4:42	32	7:24
Schwimmen 000	0.50	15:55	31:49	2	4:42	32	7:24	0.50	15:55	31:49	2	4:42	32	7:24
Vorrunde Rad	2.00	5:03	2:31	3	0:36	26	1:03	2.50	20:58	8:23	2	5:18	32	7:55
Runde Rad	9.00	21:31	2:23	3	2:51	30	4:41	11.50	42:29	3:41	2	8:09	31	12:25
Runde Rad	9.00	21:56	2:26	3	3:31	30	4:56	20.50	1:04:25	3:08	2	11:40	30	17:04
Runde Rad	9.00	23:03	2:33	3	4:39	32	5:24	29.50	1:27:28	2:57	3	16:19	32	22:23
Wechsel Rad-Lau	-	0:48	-	3	0:21	34	0:42	29.50	1:28:16	2:59	3	16:32	32	22:48
Rad 000	29.00	1:12:21	2:29	5	1:12:21	37	1:12:21	29.50	1:28:16	2:59	3	16:32	32	22:48
Runde Laufen	2.50	14:00	5:35	3	2:53	42	4:54	32.00	1:42:16	3:11	3	19:25	34	26:55
Runde Laufen	2.50	14:26	5:46	3	3:10	44	5:22	34.50	1:56:42	3:22	3	22:35	35	32:03
Lauf	2.50	14:00	5:35	3	2:59	43	5:01	37.00	2:10:42	3:31	3	25:34	36	37:04
Lauf 000	7.50	42:26	5:39	3	9:02	44	15:17	37.00	2:10:42	3:31	3	25:34	36	37:04