



# Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Ulf Anding

000: 2:26:37

00: 1

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 57 (of 74)

00000/0: 47 (of 58)

000000: 1:33:38

0000:

AK 55, Senioren 4

00000: 4(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	15:08	30:15	4	5:11	41	7:40	0.50	15:08	30:15	4	5:11	41	7:40
Wechsel Schw.-R	-	1:43	-	2	0:27	14	0:50	0.50	16:51	33:42	3	5:38	35	8:20
Schwimmen 000	0.50	16:51	33:42	3	5:38	35	8:20	0.50	16:51	33:42	3	5:38	35	8:20
Vorrunde Rad	2.00	5:38	2:49	4	1:11	41	1:38	2.50	22:29	8:59	3	6:49	36	9:26
Runde Rad	9.00	24:38	2:44	4	5:58	46	7:48	11.50	47:07	4:05	4	12:47	42	17:03
Runde Rad	9.00	25:52	2:52	4	7:27	47	8:52	20.50	1:12:59	3:33	4	20:14	44	25:38
Runde Rad	9.00	26:07	2:54	4	7:43	47	8:28	29.50	1:39:06	3:21	4	27:57	46	34:01
Wechsel Rad-Lau	-	0:59	-	4	0:32	41	0:53	29.50	1:40:05	3:23	4	28:21	45	34:37
Rad 000	29.00	1:23:14	2:52	6	1:23:14	51	1:23:14	29.50	1:40:05	3:23	4	28:21	45	34:37
Runde Laufen	2.50	14:02	5:36	4	2:55	44	4:56	32.00	1:54:07	3:33	4	31:16	44	38:46
Runde Laufen	2.50	15:31	6:12	4	4:15	47	6:27	34.50	2:09:38	3:45	4	35:31	46	44:59
Lauf	2.50	16:59	6:47	4	5:58	51	8:00	37.00	2:26:37	3:57	4	41:29	47	52:59
Lauf 000	7.50	46:32	6:12	4	13:08	49	19:23	37.00	2:26:37	3:57	4	41:29	47	52:59