



Hexengrund-Triathlon  
Engerda / 10.09.2022

□□□□

Katrin Doberenz

□□□: 2:37:30

□□: 35

□□: 37.00 km

Hexengrund-Triathlon 37 km

□□□□□/□□□: 66 (of 74)

□□□□□/□: 13 (of 16)

□□□□□□: 2:03:55

□□□□:

AK 60, Seniorinnen 5

□□□□□: 2(of 2)

□□□□□□□: 2:22:38

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	14:16	28:32	2	1:06	13	3:34	0.50	14:16	28:32	2	1:06	13	3:34
Wechsel Schw.-R	-	6:01	-	2	3:34	16	4:23	0.50	20:17	40:34	2	4:40	14	7:31
Schwimmen □□□	0.50	20:17	40:34	2	4:40	14	7:31	0.50	20:17	40:34	2	4:40	14	7:31
Vorrunde Rad	2.00	6:28	3:14	2	0:21	14	1:37	2.50	26:45	10:41	2	5:01	14	8:31
Runde Rad	9.00	27:02	3:00	2	0:34	11	6:31	11.50	53:47	4:40	2	5:35	13	13:32
Runde Rad	9.00	26:53	2:59	2	0:50	11	6:03	20.50	1:20:40	3:56	2	6:25	13	19:29
Runde Rad	9.00	29:34	3:17	2	2:35	12	7:22	29.50	1:50:14	3:44	2	9:00	12	25:53
Wechsel Rad-Lau	-	0:13	-	2	0:01	6	0:03	29.50	1:50:27	3:44	2	9:01	12	25:33
Rad □□□	29.00	1:30:10	3:06	2	4:21	11	18:20	29.50	1:50:27	3:44	2	9:01	12	25:33
Runde Laufen	2.50	15:37	6:14	2	2:05	13	3:57	32.00	2:06:04	3:56	2	11:06	13	28:27
Runde Laufen	2.50	15:58	6:23	2	2:12	13	3:44	34.50	2:22:02	4:07	2	13:18	13	31:12
Lauf	2.50	15:28	6:11	2	1:34	11	3:26	37.00	2:37:30	4:15	2	14:52	13	33:35
Lauf □□□	7.50	47:03	6:16	2	5:51	13	10:43	37.00	2:37:30	4:15	2	14:52	13	33:35