



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Marco Dähnert

000: 1:54:21

00: Rudolstadt

00: 53

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 13 (of 74)

00000/0: 13 (of 58)

000000: 1:33:38

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AK 30 M

00000: 1(of 6)

0000000: 1:54:21

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	13:23	26:45	5	2:44	32	5:55	0.50	13:23	26:45	5	2:44	32	5:55
Wechsel Schw.-R	-	2:34	-	4	0:46	33	1:41	0.50	15:57	31:53	5	2:13	33	7:26
Schwimmen 000	0.50	15:57	31:53	5	2:13	33	7:26	0.50	15:57	31:53	5	2:13	33	7:26
Vorrunde Rad	2.00	4:49	2:24	2	0:09	16	0:49	2.50	20:46	8:18	5	1:48	31	7:43
Runde Rad	9.00	19:29	2:09	1	-	12	2:39	11.50	40:15	3:30	3	0:57	24	10:11
Runde Rad	9.00	19:25	2:09	1	-	11	2:25	20.50	59:40	2:54	1	-	16	12:19
Runde Rad	9.00	19:44	2:11	3	0:23	13	2:05	29.50	1:19:24	2:41	2	0:07	17	14:19
Wechsel Rad-Lau	-	0:08	-	1	-	3	0:02	29.50	1:19:32	2:41	2	0:02	15	14:04
Rad 000	29.00	1:03:35	2:11	1	-	16	1:03:35	29.50	1:19:32	2:41	2	0:02	15	14:04
Runde Laufen	2.50	11:31	4:36	1	-	17	2:25	32.00	1:31:03	2:50	1	-	13	15:42
Runde Laufen	2.50	11:47	4:42	1	-	17	2:43	34.50	1:42:50	2:58	1	-	12	18:11
Lauf	2.50	11:31	4:36	1	-	18	2:32	37.00	1:54:21	3:05	1	-	13	20:43
Lauf 000	7.50	34:49	4:38	1	-	17	7:40	37.00	1:54:21	3:05	1	-	13	20:43