



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Nico Richardt

000: 2:11:51

00: Laufclub Rudolstadt e.V.

00: 61

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 42 (of 74)

00000/0: 37 (of 58)

000000: 1:33:38

0000:

Jugend A (16-17)

00000: 2(of 3)

0000000: 2:03:13

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	15:54	31:48	2	2:24	49	8:26	0.50	15:54	31:48	2	2:24	49	8:26
Wechsel Schw.-R	-	3:30	-	2	1:59	44	2:37	0.50	19:24	38:47	2	4:23	49	10:53
Schwimmen 000	0.50	19:24	38:47	2	4:23	49	10:53	0.50	19:24	38:47	2	4:23	49	10:53
Vorrunde Rad	2.00	5:55	2:57	2	0:35	48	1:55	2.50	25:19	10:07	2	4:58	48	12:16
Runde Rad	9.00	23:37	2:37	2	2:00	41	6:47	11.50	48:56	4:15	2	6:58	45	18:52
Runde Rad	9.00	24:15	2:41	2	2:15	43	7:15	20.50	1:13:11	3:34	2	9:13	45	25:50
Runde Rad	9.00	24:48	2:45	2	2:13	40	7:09	29.50	1:37:59	3:19	2	11:26	44	32:54
Wechsel Rad-Lau	-	0:11	-	2	0:04	10	0:05	29.50	1:38:10	3:19	2	11:30	44	32:42
Rad 000	29.00	1:18:46	2:42	3	1:18:46	47	1:18:46	29.50	1:38:10	3:19	2	11:30	44	32:42
Runde Laufen	2.50	11:14	4:29	1	-	13	2:08	32.00	1:49:24	3:25	2	10:05	39	34:03
Runde Laufen	2.50	11:20	4:31	1	-	13	2:16	34.50	2:00:44	3:29	2	8:42	37	36:05
Lauf	2.50	11:07	4:26	1	-	14	2:08	37.00	2:11:51	3:33	2	8:38	37	38:13
Lauf 000	7.50	33:41	4:29	1	-	14	6:32	37.00	2:11:51	3:33	2	8:38	37	38:13