



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Armin Raabe

000: 32:50

00: 70

00: 7.10 km
Juniorhexe 1 (7,1 km)

00000/000: 6 (of 12)

00000/0: 5 (of 9)

000000: 28:01

0000:
Schüler B (10-11)

00000: 5(of 9)

0000000: 28:01

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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	0.10	5:42	57:00	6	2:15	6	2:15	0.10	5:42	57:00	6	2:15	6	2:15
Wechsel Schw.-R	-	2:23	-	7	1:27	7	1:27	0.10	8:05	80:49	6	3:10	6	3:10
Schwimmen 000	0.10	8:05	80:49	6	3:10	6	3:10	0.10	8:05	80:49	6	3:10	6	3:10
Vorrunde Rad	2.00	5:50	2:54	4	0:36	4	0:36	2.10	13:55	6:37	6	3:46	6	3:46
Runde Rad	1.25	2:56	2:20	2	0:01	2	0:01	3.35	16:51	5:01	6	3:39	6	3:39
Runde Rad	1.25	3:04	2:27	2	0:11	2	0:11	4.60	19:55	4:19	6	3:35	6	3:35
Wechsel Rad-Lau	-	0:15	-	8	0:08	8	0:08	4.60	20:10	4:23	6	3:43	6	3:43
Rad 000	4.50	12:05	2:41	4	12:05	4	12:05	4.60	20:10	4:23	6	3:43	6	3:43
Lauf	2.50	12:40	5:03	4	1:17	4	1:17	7.10	32:50	4:37	5	4:49	5	4:49
Lauf 000	2.50	12:40	5:03	4	1:17	4	1:17	7.10	32:50	4:37	5	4:49	5	4:49