



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Bert Raabe

000: 1:56:03

00: Erdinger alkoholfrei

00: 64

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 17 (of 74)

00000/0: 17 (of 58)

000000: 1:33:38

0000:

AK 30 M

00000: 2(of 6)

0000000: 1:54:21

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0000

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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 | 10:39 | 21:18 | 1 | - | 12 | 3:11 | 0.50 | 10:39 | 21:18 | 1 | - | 12 | 3:11 |
| Wechsel Schw.-R | - | 3:22 | - | 5 | 1:34 | 42 | 2:29 | 0.50 | 14:01 | 28:02 | 2 | 0:17 | 19 | 5:30 |
| Schwimmen 000 | 0.50 | 14:01 | 28:02 | 2 | 0:17 | 19 | 5:30 | 0.50 | 14:01 | 28:02 | 2 | 0:17 | 19 | 5:30 |
| Vorrunde Rad | 2.00 | 4:57 | 2:28 | 3 | 0:17 | 18 | 0:57 | 2.50 | 18:58 | 7:35 | 1 | - | 18 | 5:55 |
| Runde Rad | 9.00 | 20:27 | 2:16 | 3 | 0:58 | 22 | 3:37 | 11.50 | 39:25 | 3:25 | 2 | 0:07 | 19 | 9:21 |
| Runde Rad | 9.00 | 20:31 | 2:16 | 2 | 1:06 | 21 | 3:31 | 20.50 | 59:56 | 2:55 | 2 | 0:16 | 19 | 12:35 |
| Runde Rad | 9.00 | 19:21 | 2:09 | 1 | - | 10 | 1:42 | 29.50 | 1:19:17 | 2:41 | 1 | - | 15 | 14:12 |
| Wechsel Rad-Lau | - | 0:13 | - | 3 | 0:05 | 17 | 0:07 | 29.50 | 1:19:30 | 2:41 | 1 | - | 14 | 14:02 |
| Rad 000 | 29.00 | 1:05:29 | 2:15 | 2 | 1:54 | 21 | 1:05:29 | 29.50 | 1:19:30 | 2:41 | 1 | - | 14 | 14:02 |
| Runde Laufen | 2.50 | 12:03 | 4:49 | 2 | 0:32 | 21 | 2:57 | 32.00 | 1:31:33 | 2:51 | 2 | 0:30 | 15 | 16:12 |
| Runde Laufen | 2.50 | 12:12 | 4:52 | 2 | 0:25 | 22 | 3:08 | 34.50 | 1:43:45 | 3:00 | 2 | 0:55 | 15 | 19:06 |
| Lauf | 2.50 | 12:18 | 4:55 | 2 | 0:47 | 26 | 3:19 | 37.00 | 1:56:03 | 3:08 | 2 | 1:42 | 17 | 22:25 |
| Lauf 000 | 7.50 | 36:33 | 4:52 | 2 | 1:44 | 23 | 9:24 | 37.00 | 1:56:03 | 3:08 | 2 | 1:42 | 17 | 22:25 |