



# 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 |