



Hexengrund-Triathlon

Engerda / 10.09.2022

0000

Gustav Schachtschabel

000: 46:07

00: 711

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

00000/000: 10 (of 12)

00000/0: 8 (of 9)

000000: 28:01

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Schüler B (10-11)

00000: 8(of 9)

0000000: 28:01

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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	0.10	6:06	60:59	7	2:39	7	2:39	0.10	6:06	60:59	7	2:39	7	2:39
Wechsel Schw.-R	-	2:44	-	8	1:48	8	1:48	0.10	8:50	88:19	8	3:55	8	3:55
Schwimmen 000	0.10	8:50	88:19	8	3:55	8	3:55	0.10	8:50	88:19	8	3:55	8	3:55
Vorrunde Rad	2.00	9:26	4:43	8	4:12	8	4:12	2.10	18:16	8:41	8	8:07	8	8:07
Runde Rad	1.25	3:36	2:52	8	0:41	8	0:41	3.35	21:52	6:31	8	8:40	8	8:40
Runde Rad	1.25	4:04	3:15	8	1:11	8	1:11	4.60	25:56	5:38	8	9:36	8	9:36
Wechsel Rad-Lau	-	0:13	-	7	0:06	7	0:06	4.60	26:09	5:41	8	9:42	8	9:42
Rad 000	4.50	17:19	3:50	9	17:19	9	17:19	4.60	26:09	5:41	8	9:42	8	9:42
Lauf	2.50	19:58	7:59	8	8:35	8	8:35	7.10	46:07	6:29	8	18:06	8	18:06
Lauf 000	2.50	19:58	7:59	8	8:35	8	8:35	7.10	46:07	6:29	8	18:06	8	18:06