



# Hexengrund-Triathlon

Engerda / 10.09.2022

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Robert Weiße

000: 1:59:25

00: 74

00: 37.00 km

Hexengrund-Triathlon 37 km

00000/000: 25 (of 74)

00000/0: 25 (of 58)

000000: 1:33:38

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AK 30 M

00000: 3(of 6)

0000000: 1:54:21

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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	13:17	26:33	4	2:38	30	5:49	0.50	13:17	26:33	4	2:38	30	5:49
Wechsel Schw.-R	-	1:48	-	1	-	17	0:55	0.50	15:05	30:10	4	1:21	26	6:34
Schwimmen 000	0.50	15:05	30:10	4	1:21	26	6:34	0.50	15:05	30:10	4	1:21	26	6:34
Vorrunde Rad	2.00	4:40	2:20	1	-	11	0:40	2.50	19:45	7:54	3	0:47	25	6:42
Runde Rad	9.00	19:33	2:10	2	0:04	13	2:43	11.50	39:18	3:25	1	-	18	9:14
Runde Rad	9.00	21:21	2:22	3	1:56	27	4:21	20.50	1:00:39	2:57	3	0:59	23	13:18
Runde Rad	9.00	19:26	2:09	2	0:05	11	1:47	29.50	1:20:05	2:42	3	0:48	19	15:00
Wechsel Rad-Lau	-	1:45	-	6	1:37	49	1:39	29.50	1:21:50	2:46	3	2:20	20	16:22
Rad 000	29.00	1:06:45	2:18	3	3:10	26	1:06:45	29.50	1:21:50	2:46	3	2:20	20	16:22
Runde Laufen	2.50	12:09	4:51	3	0:38	24	3:03	32.00	1:33:59	2:56	3	2:56	23	18:38
Runde Laufen	2.50	12:44	5:05	4	0:57	29	3:40	34.50	1:46:43	3:05	3	3:53	25	22:04
Lauf	2.50	12:42	5:04	4	1:11	30	3:43	37.00	1:59:25	3:13	3	5:04	25	25:47
Lauf 000	7.50	37:35	5:00	4	2:46	28	10:26	37.00	1:59:25	3:13	3	5:04	25	25:47