



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Hexathlon

□□: EKC

□□: 315

□□: 48.80 km

Staffel 48,8 km

□□□: 2:38:12

□□: 18.20 km/h

□□□□: 3:14 min/km

□□□□□: 10 (of 17)

□□□□□□: 1:59:25

□□□□□: 10(of 6)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Schwimmen nett	0.80	17:48	22:15	2	2:53	10	7:20	0.80	17:48	22:15	2	2:53	10	7:20
Wechsel Schw.-R	-	0:27	-	4	0:08	7	0:08	0.80	18:15	-	3	3:01	10	7:24
Runde Rad	38.00	1:35:42	2:31	3	17:12	9	22:50	38.80	1:53:57	2:56	3	20:13	9	30:14
Wechsel Rad-Lau	-	0:13	-	4	0:05	8	0:05	38.80	1:54:10	-	3	20:15	9	30:17
Lauf	10.00	44:02	4:24	3	4:13	10	8:59	48.80	2:38:12	3:14	3	24:28	10	38:47