



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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TriPower

□□□: 2:57:45

□□: 314

□□: 16.20 km/h

□□□□: 3:38 min/km

□□: 48.80 km

Staffel 48,8 km

□□□□□: 13 (of 17)

□□□□□□: 1:59:25

□□□□:

□□□□□: 13(of 10)

Hexengrund-Triathlon Staffel

□□□□□□□: 1:59:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.80	19:48	24:45	10	9:20	14	9:20	0.80	19:48	24:45	10	9:20	14	9:20
Wechsel Schw.-R	-	0:37	-	7	0:18	13	0:18	0.80	20:25	-	10	9:34	14	9:34
Runde Rad	38.00	1:48:35	2:51	9	35:43	15	35:43	38.80	2:09:00	3:19	9	45:17	15	45:17
Wechsel Rad-Lau	-	0:12	-	4	0:02	6	0:04	38.80	2:09:12	-	9	45:19	15	45:19
Lauf	10.00	48:33	4:51	8	13:30	11	13:30	48.80	2:57:45	3:38	9	58:20	13	58:20