



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Nerven wie Zahnseide

□□□: 3:02:14

□□: 316

□□: 15.80 km/h

□□□□: 3:44 min/km

□□: 48.80 km

Staffel 48,8 km

□□□□□: 14 (of 17)

□□□□□□: 1:59:25

□□□□□: 14(of 6)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.80	20:04	25:04	5	5:09	16	9:36	0.80	20:04	25:04	5	5:09	16	9:36
Wechsel Schw.-R	-	0:26	-	3	0:07	6	0:07	0.80	20:30	-	5	5:16	15	9:39
Runde Rad	38.00	1:42:08	2:41	5	23:38	11	29:16	38.80	2:02:38	3:09	5	28:54	13	38:55
Wechsel Rad-Lau	-	0:16	-	6	0:08	17	0:08	38.80	2:02:54	-	5	28:59	13	39:01
Lauf	10.00	59:20	5:56	5	19:31	15	24:17	48.80	3:02:14	3:44	5	48:30	14	1:02:49