



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Hexathlon

□□□: 2:38:12

□□: EKC

□□: 18.20 km/h

□□: 315

□□□□: 3:14 min/km

□□: 48.80 km

Staffel 48,8 km

□□□□□: 10 (of 17)

□□□□□□: 1:59:25

□□□□:

□□□□□: 3(of 6)

Mixstaffel

□□□□□□□: 2:13:44

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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 |