



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Soft-Eggs

□□□: 3:09:20

□□: 317

□□: 15.21 km/h

□□□□: 3:52 min/km

□□: 48.80 km

Staffel 48,8 km

□□□□□: 15 (of 17)

□□□□□□: 1:59:25

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□□□□□: 15(of 10)

Hexengrund-Triathlon Staffel

□□□□□□□: 1:59:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.80	19:44	24:40	9	9:16	13	9:16	0.80	19:44	24:40	9	9:16	13	9:16
Wechsel Schw.-R	-	0:31	-	5	0:12	9	0:12	0.80	20:15	-	9	9:24	13	9:24
Runde Rad	38.00	1:54:58	3:01	10	42:06	16	42:06	38.80	2:15:13	3:29	10	51:30	16	51:30
Wechsel Rad-Lau	-	0:14	-	7	0:04	12	0:06	38.80	2:15:27	-	10	51:34	16	51:34
Lauf	10.00	53:53	5:23	10	18:50	14	18:50	48.80	3:09:20	3:52	10	1:09:55	15	1:09:55