



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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## WhyNot?

□□: WhyNot?

□□: 311

□□: 48.80 km

Staffel 48,8 km

□□□: 3:23:11

□□: 14.17 km/h

□□□□: 4:09 min/km

□□□□□: 16 (of 17)

□□□□□□: 1:59:25

□□□□□: 16(of 6)

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□□□□

□□□

| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett  | 0.80     | 23:23    | 29:13        | 6       | 8:28    | 17        | 12:55     | 0.80  | 23:23   | 29:13 | 6       | 8:28    | 17        | 12:55     |
| Wechsel Schw.-R | -        | 0:38     | -            | 6       | 0:19    | 15        | 0:19      | 0.80  | 24:01   | -     | 6       | 8:47    | 17        | 13:10     |
| Runde Rad       | 38.00    | 1:43:39  | 2:43         | 6       | 25:09   | 13        | 30:47     | 38.80 | 2:07:40 | 3:17  | 6       | 33:56   | 14        | 43:57     |
| Wechsel Rad-Lau | -        | 0:13     | -            | 4       | 0:05    | 8         | 0:05      | 38.80 | 2:07:53 | -     | 6       | 33:58   | 14        | 44:00     |
| Lauf            | 10.00    | 1:15:18  | 7:31         | 6       | 35:29   | 17        | 40:15     | 48.80 | 3:23:11 | 4:09  | 6       | 1:09:27 | 16        | 1:23:46   |