



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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3 Sahneschnitten

□□□: 3:26:52

□□: 304

□□: 13.92 km/h

□□□□: 4:14 min/km

□□: 48.80 km

Staffel 48,8 km

□□□□□: 17 (of 17)

□□□□□□: 1:59:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.80	20:01	25:01	1	-	15	9:33	0.80	20:01	25:01	1	-	15	9:33
Wechsel Schw.-R	-	0:34	-	1	-	12	0:15	0.80	20:35	-	1	-	16	9:44
Runde Rad	38.00	2:00:45	3:10	1	-	17	47:53	38.80	2:21:20	3:38	1	-	17	57:37
Wechsel Rad-Lau	-	0:14	-	1	-	12	0:06	38.80	2:21:34	-	1	-	17	57:41
Lauf	10.00	1:05:18	6:31	1	-	16	30:15	48.80	3:26:52	4:14	1	-	17	1:27:27