



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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## Sport Schart OldStars

□□: Sport Schart OldStars

□□: 308

□□: 48.80 km

Staffel 48,8 km

□□□□:

Hexengrund-Triathlon Staffel

□□□: 2:26:07

□□: 19.71 km/h

□□□□: 2:59 min/km

□□□□□: 4 (of 17)

□□□□□□: 1:59:25

□□□□□: 4(of 10)

□□□□□□□: 1:59:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.80	14:30	18:07	4	4:02	4	4:02	0.80	14:30	18:07	4	4:02	4	4:02
Wechsel Schw.-R	-	0:37	-	7	0:18	13	0:18	0.80	15:07	-	4	4:16	4	4:16
Runde Rad	38.00	1:27:43	2:18	4	14:51	6	14:51	38.80	1:42:50	2:39	3	19:07	4	19:07
Wechsel Rad-Lau	-	0:13	-	5	0:03	8	0:05	38.80	1:43:03	-	3	19:10	4	19:10
Lauf	10.00	43:04	4:18	7	8:01	8	8:01	48.80	2:26:07	2:59	3	26:42	4	26:42