



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Good will hunting

□□: HSV Weimar Triathlon

□□: 303

□□: 48.80 km

Staffel 48,8 km

□□□: 2:30:49

□□: 19.10 km/h

□□□□: 3:05 min/km

□□□□□: 5 (of 17)

□□□□□□: 1:59:25

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.80	19:17	24:06	4	4:22	12	8:49	0.80	19:17	24:06	4	4:22	12	8:49
Wechsel Schw.-R	-	0:32	-	5	0:13	11	0:13	0.80	19:49	-	4	4:35	12	8:58
Runde Rad	38.00	1:26:52	2:17	2	8:22	4	14:00	38.80	1:46:41	2:44	2	12:57	6	22:58
Wechsel Rad-Lau	-	0:12	-	3	0:04	6	0:04	38.80	1:46:53	-	2	12:58	6	23:00
Lauf	10.00	43:56	4:23	2	4:07	9	8:53	48.80	2:30:49	3:05	2	17:05	5	31:24