



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

0000

TEAM SLFIT

00: SLFIT

00: 301

00: 48.80 km

Staffel 48,8 km

0000:

Männerstaffel

000: 2:35:03

00: 18.57 km/h

0000: 3:10 min/km

00000: 9 (of 17)

000000: 1:59:25

00000: 7(of 10)

0000000: 1:59:25

0000

0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.80	12:24	15:30	2	1:56	2	1:56	0.80	12:24	15:30	2	1:56	2	1:56
Wechsel Schw.-R	-	0:45	-	9	0:26	16	0:26	0.80	13:09	-	2	2:18	2	2:18
Runde Rad	38.00	1:42:13	2:41	7	29:21	12	29:21	38.80	1:55:22	2:58	7	31:39	10	31:39
Wechsel Rad-Lau	-	0:10	-	1	-	2	0:02	38.80	1:55:32	-	7	31:39	10	31:39
Lauf	10.00	39:31	3:57	3	4:28	3	4:28	48.80	2:35:03	3:10	7	35:38	9	35:38