



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Johannes Fritsch

000: 1:52:11

00: Jena

00: 9

00: 37.00 km

Hexengrund-Triathlon

00000/000: 11 (of 56)

00000/0: 11 (of 38)

000000: 1:36:42

00000: 11(of 4)

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	16:10	32:20	4	6:59	36	8:50	0.50	16:10	32:20	4	6:59	36	8:50
Wechsel Schw.-R	-	4:07	-	4	1:58	33	3:22	0.50	20:17	40:34	4	8:57	37	12:07
Schwimmen 000	0.50	20:17	40:34	4	8:57	37	12:07	0.50	20:17	40:34	4	8:57	37	12:07
Rad netto	29.00	1:02:31	2:09	1	-	6	5:17	29.50	1:22:48	2:48	2	2:38	16	17:24
Wechsel Rad-Lau	-	0:32	-	3	0:18	14	0:18	29.50	1:23:20	2:49	2	2:56	16	17:23
Rad 000	29.00	1:03:03	2:10	1	-	4	5:16	29.50	1:23:20	2:49	2	2:56	16	17:23
Lauf	7.50	28:51	3:50	2	1:26	2	1:26	37.00	1:52:11	3:01	2	4:22	11	15:29