



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

□□□□

Norman Fricke

□□□: 1:54:30

□□: AC Apolda

□□: 30

□□: 37.00 km

Hexengrund-Triathlon

□□□□□/□□□: 12 (of 56)

□□□□□/□: 12 (of 38)

□□□□□□: 1:36:42

□□□□□: 12(of 4)

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	10:13	20:26	3	1:06	12	2:53	0.50	10:13	20:26	3	1:06	12	2:53
Wechsel Schw.-R	-	1:38	-	3	0:17	7	0:53	0.50	11:51	23:41	3	1:20	10	3:41
Schwimmen □□□	0.50	11:51	23:41	3	1:20	10	3:41	0.50	11:51	23:41	3	1:20	10	3:41
Rad netto	29.00	1:07:33	2:19	2	0:44	13	10:19	29.50	1:19:24	2:41	2	2:04	12	14:00
Wechsel Rad-Lau	-	0:47	-	2	0:18	24	0:33	29.50	1:20:11	2:43	2	2:22	12	14:14
Rad □□□	29.00	1:08:20	2:21	2	1:02	14	10:33	29.50	1:20:11	2:43	2	2:22	12	14:14
Lauf	7.50	34:19	4:34	2	0:33	13	6:54	37.00	1:54:30	3:05	2	2:55	12	17:48