



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Philipp Lorek

000: 2:18:30

00: 46

00: 37.00 km

Hexengrund-Triathlon

00000/000: 31 (of 56)

00000/0: 27 (of 38)

000000: 1:36:42

0000:

AK 35 M

00000: 6(of 7)

0000000: 1:40:50

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.50	14:34	29:07	7	14:31	34	14:31	0.50	14:34	29:07	7	14:31	34	14:31
Wechsel Schw.-R	-	1:48	-	1	-	9	1:03	0.50	16:22	32:44	4	5:53	25	8:12
Schwimmen 000	0.50	16:22	32:44	4	5:53	25	8:12	0.50	16:22	32:44	4	5:53	25	8:12
Rad netto	29.00	1:16:09	2:37	6	15:43	24	18:55	29.50	1:32:31	3:08	6	21:36	27	27:07
Wechsel Rad-Lau	-	0:16	-	2	0:01	3	0:02	29.50	1:32:47	3:08	6	21:08	26	26:50
Rad 000	29.00	1:16:25	2:38					29.50	1:32:47	3:08	6	21:08	26	26:50
Lauf	7.50	45:43	6:05	7	16:32	33	18:18	37.00	2:18:30	3:44	6	37:40	27	41:48