



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Max Backert

000: 1:57:43

00: 55

00: 37.00 km

Hexengrund-Triathlon

00000/000: 15 (of 56)

00000/0: 15 (of 38)

000000: 1:36:42

00000: 15(of 7)

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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	10:52	21:44	2	2:14	16	3:32	0.50	10:52	21:44	2	2:14	16	3:32
Wechsel Schw.-R	-	2:47	-	4	0:59	24	2:02	0.50	13:39	27:18	2	3:10	18	5:29
Schwimmen 000	0.50	13:39	27:18	2	3:10	18	5:29	0.50	13:39	27:18	2	3:10	18	5:29
Rad netto	29.00	1:06:37	2:17	2	6:11	11	9:23	29.50	1:20:16	2:43	2	9:21	14	14:52
Wechsel Rad-Lau	-	0:52	-	4	0:37	29	0:38	29.50	1:21:08	2:45	2	9:29	14	15:11
Rad 000	29.00	1:07:29	2:19	2	6:19	12	9:42	29.50	1:21:08	2:45	2	9:29	14	15:11
Lauf	7.50	36:35	4:52	4	7:24	19	9:10	37.00	1:57:43	3:10	2	16:53	15	21:01