



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

□□□□

Lars Korn

□□□: 2:00:10

□□: Trailrunnig-Crew Thüringen

□□: 11

□□: 37.00 km

□□□□□/□□□: 18 (of 56)

Hexengrund-Triathlon

□□□□□/□: 17 (of 38)

□□□□□□: 1:36:42

□□□□□: 18(of 7)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	14:31	29:02	6	5:53	32	7:11	0.50	14:31	29:02	6	5:53	32	7:11
Wechsel Schw.-R	-	4:14	-	6	2:26	34	3:29	0.50	18:45	37:30	7	8:16	33	10:35
Schwimmen □□□	0.50	18:45	37:30	7	8:16	33	10:35	0.50	18:45	37:30	7	8:16	33	10:35
Rad netto	29.00	1:09:03	2:22	4	8:37	17	11:49	29.50	1:27:48	2:58	5	16:53	21	22:24
Wechsel Rad-Lau	-	1:19	-	6	1:04	35	1:05	29.50	1:29:07	3:01	5	17:28	22	23:10
Rad □□□	29.00	1:10:22	2:25	4	9:12	18	12:35	29.50	1:29:07	3:01	5	17:28	22	23:10
Lauf	7.50	31:03	4:08	2	1:52	9	3:38	37.00	2:00:10	3:14	3	19:20	17	23:28