



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Marco Dähnert

□□□: 2:00:29

□□: Laufexpress Rudolstadt

□□: 41

□□: 37.00 km

Hexengrund-Triathlon

□□□□□/□□□: 19 (of 56)

□□□□□/□: 18 (of 38)

□□□□□□: 1:36:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	13:38	27:15	4	5:00	27	6:18	0.50	13:38	27:15	4	5:00	27	6:18
Wechsel Schw.-R	-	3:24	-	5	1:36	29	2:39	0.50	17:02	34:04	5	6:33	27	8:52
Schwimmen □□□	0.50	17:02	34:04	5	6:33	27	8:52	0.50	17:02	34:04	5	6:33	27	8:52
Rad netto	29.00	1:07:59	2:20	3	7:33	14	10:45	29.50	1:25:01	2:52	4	14:06	19	19:37
Wechsel Rad-Lau	-	0:15	-	1	-	2	0:01	29.50	1:25:16	2:53	3	13:37	18	19:19
Rad □□□	29.00	1:08:14	2:21	3	7:04	13	10:27	29.50	1:25:16	2:53	3	13:37	18	19:19
Lauf	7.50	35:13	4:41	3	6:02	17	7:48	37.00	2:00:29	3:15	4	19:39	18	23:47