



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

0000

Adelheid Janke

000: 2:23:19

00: 53

00: 37.00 km

Hexengrund-Triathlon

00000/000: 35 (of 56)

00000/0: 7 (of 18)

000000: 1:58:46

0000:

AK 35 W

00000: 3(of 4)

0000000: 1:58:46

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0000

000

| 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  | 13:29   | 26:57  | 4  | 2:22  | 13 | 3:36  | 0.50  | 13:29   | 26:57  | 4  | 2:22  | 13 | 3:36  |
| Wechsel Schw.-R | -     | 2:44    | -      | 2  | 0:30  | 9  | 1:26  | 0.50  | 16:13   | 32:25  | 4  | 2:52  | 12 | 4:44  |
| Schwimmen 000   | 0.50  | 16:13   | 32:25  | 4  | 2:52  | 12 | 4:44  | 0.50  | 16:13   | 32:25  | 4  | 2:52  | 12 | 4:44  |
| Rad netto       | 29.00 | 1:22:35 | 2:50   | 2  | 12:09 | 4  | 12:09 | 29.50 | 1:38:48 | 3:20   | 3  | 15:01 | 5  | 15:01 |
| Wechsel Rad-Lau | -     | 0:16    | -      | 2  | 0:02  | 2  | 0:02  | 29.50 | 1:39:04 | 3:21   | 3  | 15:03 | 5  | 15:03 |
| Rad 000         | 29.00 | 1:22:51 | 2:51   |    |       |    |       | 29.50 | 1:39:04 | 3:21   | 3  | 15:03 | 5  | 15:03 |
| Lauf            | 7.50  | 44:15   | 5:54   | 3  | 9:55  | 8  | 30:47 | 37.00 | 2:23:19 | 3:52   | 3  | 24:33 | 7  | 24:33 |