



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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**Sebastian Thiele**

□□□: 1:49:02

□□: Thüringer Bergziegen

□□: 51

□□: 37.00 km

Hexengrund-Triathlon

□□□□□/□□□: 7 (of 56)

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□□□□□□: 1:36:42

□□□□:

AK 40, Senioren 1

□□□□□: 4(of 10)

□□□□□□□: 1:36:42

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| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett  | 0.50     | 10:01    | 20:02        | 3       | 2:41    | 13      | 9:58    | 0.50  | 10:01     | 20:02         | 3       | 2:41    | 13      | 9:58    |
| Wechsel Schw.-R | -        | 2:24     | -            | 4       | 1:37    | 15      | 1:39    | 0.50  | 12:25     | 24:49         | 4       | 4:15    | 13      | 4:15    |
| Schwimmen □□□   | 0.50     | 12:25    | 24:49        | 4       | 4:15    | 13      | 4:15    | 0.50  | 12:25     | 24:49         | 4       | 4:15    | 13      | 4:15    |
| Rad netto       | 29.00    | 1:05:12  | 2:14         | 4       | 7:58    | 10      | 7:58    | 29.50 | 1:17:37   | 2:37          | 4       | 12:13   | 10      | 12:13   |
| Wechsel Rad-Lau | -        | 0:42     | -            | 5       | 0:26    | 19      | 0:28    | 29.50 | 1:18:19   | 2:39          | 4       | 12:22   | 10      | 12:22   |
| Rad □□□         | 29.00    | 1:05:54  | 2:16         |         |         |         |         | 29.50 | 1:18:19   | 2:39          | 4       | 12:22   | 10      | 12:22   |
| Lauf            | 7.50     | 30:43    | 4:05         | 3       | 1:09    | 7       | 3:18    | 37.00 | 1:49:02   | 2:56          | 4       | 12:20   | 7       | 12:20   |