



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Matthias Weißbrodt

000: 2:01:47

00: Triathlon Jena

00: 47

00: 37.00 km

Hexengrund-Triathlon

00000/000: 22 (of 56)

00000/0: 20 (of 38)

000000: 1:36:42

0000:

AK 40, Senioren 1

00000: 5(of 10)

0000000: 1:36:42

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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	10:23	20:45	4	3:03	16	10:20	0.50	10:23	20:45	4	3:03	16	10:20
Wechsel Schw.-R	-	1:36	-	3	0:49	6	0:51	0.50	11:59	23:57	3	3:49	11	3:49
Schwimmen 000	0.50	11:59	23:57	3	3:49	11	3:49	0.50	11:59	23:57	3	3:49	11	3:49
Rad netto	29.00	1:10:29	2:25	5	13:15	20	13:15	29.50	1:22:28	2:47	5	17:04	15	17:04
Wechsel Rad-Lau	-	0:47	-	7	0:31	24	0:33	29.50	1:23:15	2:49	5	17:18	15	17:18
Rad 000	29.00	1:11:16	2:27					29.50	1:23:15	2:49	5	17:18	15	17:18
Lauf	7.50	38:32	5:08	5	8:58	21	11:07	37.00	2:01:47	3:17	5	25:05	20	25:05