



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Thomas Unbehaun

□□□: 2:15:32

□□: Thombert Schmidt Schmitt

□□: 8

□□: 37.00 km

Hexengrund-Triathlon

□□□□□/□□□: 29 (of 56)

□□□□□/□: 26 (of 38)

□□□□□□: 1:36:42

□□□□:

AK 40, Senioren 1

□□□□□: 6(of 10)

□□□□□□□: 1:36:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:34	25:07	6	5:14	25	12:31	0.50	12:34	25:07	6	5:14	25	12:31
Wechsel Schw.-R	-	4:40	-	10	3:53	34	3:55	0.50	17:14	34:28	8	9:04	30	9:04
Schwimmen □□□	0.50	17:14	34:28	8	9:04	30	9:04	0.50	17:14	34:28	8	9:04	30	9:04
Rad netto	29.00	1:14:58	2:35	6	17:44	23	17:44	29.50	1:32:12	3:07	6	26:48	26	26:48
Wechsel Rad-Lau	-	1:35	-	10	1:19	37	1:21	29.50	1:33:47	3:10	6	27:50	27	27:50
Rad □□□	29.00	1:16:33	2:38					29.50	1:33:47	3:10	6	27:50	27	27:50
Lauf	7.50	41:45	5:33	6	12:11	26	14:20	37.00	2:15:32	3:39	6	38:50	26	38:50