



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Thomas Ziebell

□□□: 2:29:47

□□: Saalfelder Schwimmverein

□□: 26

□□: 37.00 km

Hexengrund-Triathlon

□□□□□/□□□: 43 (of 56)

□□□□□/□: 33 (of 38)

□□□□□□: 1:36:42

□□□□:

AK 40, Senioren 1

□□□□□: 7(of 10)

□□□□□□□: 1:36:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:42	25:23	7	5:22	26	12:39	0.50	12:42	25:23	7	5:22	26	12:39	
Wechsel Schw.-R	-	4:22	-	9	3:35	32	3:37	0.50	17:04	34:07	6	8:54	28	8:54	
Schwimmen □□□	0.50	17:04	34:07	6	8:54	28	8:54	0.50	17:04	34:07	6	8:54	28	8:54	
Rad netto	29.00	1:29:22	3:04	9	32:08	36	32:08	29.50	1:46:26	3:36	9	41:02	35	41:02	
Wechsel Rad-Lau	-	0:16	-	1	-	3	0:02	29.50	1:46:42	3:37	9	40:45	35	40:45	
Rad □□□	29.00	1:29:38	3:05					29.50	1:46:42	3:37	9	40:45	35	40:45	
Lauf	7.50	43:05	5:44	7	13:31	29	15:40	37.00	2:29:47	4:02	7	53:05	33	53:05	