



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Kristina Eberhardt

000: 2:13:04

00: 20

00: 37.00 km

Hexengrund-Triathlon

00000/000: 27 (of 56)

00000/0: 3 (of 18)

000000: 1:58:46

00000: 27(of 4)

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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	12:26	24:52	2	1:19	10	2:33	0.50	12:26	24:52	2	1:19	10	2:33
Wechsel Schw.-R	-	3:21	-	4	1:07	11	2:03	0.50	15:47	31:33	3	2:26	11	4:18
Schwimmen 000	0.50	15:47	31:33	3	2:26	11	4:18	0.50	15:47	31:33	3	2:26	11	4:18
Rad netto	29.00	1:22:39	2:51	3	12:13	5	12:13	29.50	1:38:26	3:20	2	14:39	4	14:39
Wechsel Rad-Lau	-	0:18	-	4	0:04	4	0:04	29.50	1:38:44	3:20	2	14:43	4	14:43
Rad 000	29.00	1:22:57	2:51	3	12:17	5	12:17	29.50	1:38:44	3:20	2	14:43	4	14:43
Lauf	7.50	34:20	4:34	1	-	2	20:52	37.00	2:13:04	3:35	2	14:18	3	14:18