



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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**Stefan Eberhardt**

□□□: 2:33:42

□□: Laufclub Rudolstadt

□□: 10

□□: 37.00 km

Hexengrund-Triathlon

□□□□□/□□□: 44 (of 56)

□□□□□/□: 34 (of 38)

□□□□□□: 1:36:42

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AK 40, Senioren 1

□□□□□: 8(of 10)

□□□□□□□: 1:36:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	14:38	29:15	9	7:18	35	14:35	0.50	14:38	29:15	9	7:18	35	14:35
Wechsel Schw.-R	-	2:30	-	5	1:43	17	1:45	0.50	17:08	34:15	7	8:58	29	8:58
Schwimmen □□□	0.50	17:08	34:15	7	8:58	29	8:58	0.50	17:08	34:15	7	8:58	29	8:58
Rad netto	29.00	1:32:16	3:10	10	35:02	38	35:02	29.50	1:49:24	3:42	10	44:00	38	44:00
Wechsel Rad-Lau	-	0:40	-	4	0:24	18	0:26	29.50	1:50:04	3:43	10	44:07	38	44:07
Rad □□□	29.00	1:32:56	3:12					29.50	1:50:04	3:43	10	44:07	38	44:07
Lauf	7.50	43:38	5:49	8	14:04	31	16:13	37.00	2:33:42	4:09	8	57:00	34	57:00