



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

0000

Thomas Unbehaun

000: 2:15:32

00: Thombert Schmidt Schmitt

00: 8

00: 37.00 km

Hexengrund-Triathlon

00000/000: 29 (of 56)

00000/0: 26 (of 38)

000000: 1:36:42

0000:

Hexengrund-Triathlon 37km

00000: 29(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	12:34	25:07	6	5:14	23	5:14	0.50	12:34	25:07	6	5:14	23	5:14
Wechsel Schw.-R	-	4:40	-	10	3:53	37	3:55	0.50	17:14	34:28	8	9:04	30	9:04
Schwimmen 000	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 000	29.00	1:16:33	2:38	6	18:46	24	18:46	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