



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Christian Rudolph

□□□: 2:37:07

□□: Feuerwehr UHstätt-Kirchhasel

□□: 34

□□: 37.00 km

□□□□□/□□□: 49 (of 56)

Hexengrund-Triathlon

□□□□□/□: 38 (of 38)

□□□□□□: 1:36:42

□□□□:

□□□□□: 10(of 10)

AK 40, Senioren 1

□□□□□□□: 1:36:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	14:30	29:00	8	7:10	32	14:27	0.50	14:30	29:00	8	7:10	32	14:27
Wechsel Schw.-R	-	3:56	-	8	3:09	30	3:11	0.50	18:26	36:52	9	10:16	31	10:16
Schwimmen □□□	0.50	18:26	36:52	9	10:16	31	10:16	0.50	18:26	36:52	9	10:16	31	10:16
Rad netto	29.00	1:23:15	2:52	7	26:01	30	26:01	29.50	1:41:41	3:26	7	36:17	30	36:17
Wechsel Rad-Lau	-	1:09	-	9	0:53	34	0:55	29.50	1:42:50	3:29	7	36:53	30	36:53
Rad □□□	29.00	1:24:24	2:54					29.50	1:42:50	3:29	7	36:53	30	36:53
Lauf	7.50	54:17	7:14	10	24:43	38	26:52	37.00	2:37:07	4:14	10	1:00:25	38	1:00:25