



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Katrin Kaiser

□□□: 2:44:48

□□: Fantiröh Leipzig

□□: 32

□□: 37.00 km

Hexengrund-Triathlon

□□□□□/□□□: 51 (of 56)

□□□□□/□: 13 (of 18)

□□□□□□: 1:58:46

□□□□:

AK 40, Seniorinnen 1

□□□□□: 4(of 5)

□□□□□□□: 2:16:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:05	24:10	3	2:12	8	2:12	0.50	12:05	24:10	3	2:12	8	2:12
Wechsel Schw.-R	-	2:27	-	2	0:51	7	1:09	0.50	14:32	29:03	2	3:03	7	3:03
Schwimmen □□□	0.50	14:32	29:03	2	3:03	7	3:03	0.50	14:32	29:03	2	3:03	7	3:03
Rad netto	29.00	1:35:24	3:17	3	11:03	11	24:58	29.50	1:49:56	3:43	3	10:35	11	26:09
Wechsel Rad-Lau	-	1:13	-	3	0:54	15	0:59	29.50	1:51:09	3:46	3	9:51	11	27:08
Rad □□□	29.00	1:36:37	3:19					29.50	1:51:09	3:46	3	9:51	11	27:08
Lauf	7.50	53:39	7:09	5	40:11	17	40:11	37.00	2:44:48	4:27	4	27:59	13	46:02