



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Dirk Ertner

000: 2:23:25

00: Kids Running Rudolstadt

00: 29

00: 37.00 km

Hexengrund-Triathlon

00000/000: 36 (of 56)

00000/0: 29 (of 38)

000000: 1:36:42

00000: 36(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	17:36	35:12	4	8:52	38	10:16	0.50	17:36	35:12	4	8:52	38	10:16
Wechsel Schw.-R	-	3:47	-	3	3:02	30	3:02	0.50	21:23	42:45	4	11:54	38	13:13
Schwimmen 000	0.50	21:23	42:45	4	11:54	38	13:13	0.50	21:23	42:45	4	11:54	38	13:13
Rad netto	29.00	1:18:28	2:42	3	14:43	28	21:14	29.50	1:39:51	3:23	3	26:37	29	34:27
Wechsel Rad-Lau	-	0:23	-	2	0:01	8	0:09	29.50	1:40:14	3:23	3	26:25	29	34:17
Rad 000	29.00	1:18:51	2:43	3	14:31	27	21:04	29.50	1:40:14	3:23	3	26:25	29	34:17
Lauf	7.50	43:11	5:45	3	13:28	30	15:46	37.00	2:23:25	3:52	3	39:53	29	46:43