



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Patrick Elschner

□□□: 2:26:20

□□: Elch

□□: 22

□□: 37.00 km

Hexengrund-Triathlon

□□□□□/□□□: 38 (of 56)

□□□□□/□: 30 (of 38)

□□□□□□: 1:36:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	13:59	27:57	5	5:21	29	6:39	0.50	13:59	27:57	5	5:21	29	6:39
Wechsel Schw.-R	-	4:28	-	7	2:40	36	3:43	0.50	18:27	36:53	6	7:58	32	10:17
Schwimmen □□□	0.50	18:27	36:53	6	7:58	32	10:17	0.50	18:27	36:53	6	7:58	32	10:17
Rad netto	29.00	1:27:06	3:00	7	26:40	33	29:52	29.50	1:45:33	3:34	7	34:38	33	40:09
Wechsel Rad-Lau	-	1:08	-	5	0:53	33	0:54	29.50	1:46:41	3:36	7	35:02	34	40:44
Rad □□□	29.00	1:28:14	3:02	7	27:04	33	30:27	29.50	1:46:41	3:36	7	35:02	34	40:44
Lauf	7.50	39:39	5:17	6	10:28	25	12:14	37.00	2:26:20	3:57	7	45:30	30	49:38