



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Dominik Driesch

□□□: 1:43:32

□□: Triathlon Jena e.V.

□□: 54

□□: 37.00 km

Hexengrund-Triathlon

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□□□□□/□: 4 (of 38)

□□□□□□: 1:36:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	8:44	17:27	1	-	4	1:24	0.50	8:44	17:27	1	-	4	1:24
Wechsel Schw.-R	-	0:45	-	1	-	1	-	0.50	9:29	18:57	1	-	2	1:19
Schwimmen □□□	0.50	9:29	18:57	1	-	2	1:19	0.50	9:29	18:57	1	-	2	1:19
Rad netto	29.00	1:03:45	2:11	1	-	9	6:31	29.50	1:13:14	2:28	1	-	4	7:50
Wechsel Rad-Lau	-	0:35	-	3	0:13	17	0:21	29.50	1:13:49	2:30	1	-	4	7:52
Rad □□□	29.00	1:04:20	2:13	1	-	9	6:33	29.50	1:13:49	2:30	1	-	4	7:52
Lauf	7.50	29:43	3:57	1	-	5	2:18	37.00	1:43:32	2:47	1	-	4	6:50