



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Claudia Paul

□□□: 2:27:49

□□: 5

□□: 37.00 km

Hexengrund-Triathlon

□□□□□/□□□: 40 (of 56)

□□□□□/□: 9 (of 18)

□□□□□□: 1:58:46

□□□□□: 40(of 1)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	12:41	25:22	1	-	11	2:48	0.50	12:41	25:22	1	-	11	2:48
Wechsel Schw.-R	-	3:48	-	1	-	15	2:30	0.50	16:29	32:58	1	-	13	5:00
Schwimmen □□□	0.50	16:29	32:58	1	-	13	5:00	0.50	16:29	32:58	1	-	13	5:00
Rad netto	29.00	1:23:34	2:52	1	-	6	13:08	29.50	1:40:03	3:23	1	-	7	16:16
Wechsel Rad-Lau	-	0:35	-	1	-	11	0:21	29.50	1:40:38	3:24	1	-	6	16:37
Rad □□□	29.00	1:24:09	2:54	1	-	6	13:29	29.50	1:40:38	3:24	1	-	6	16:37
Lauf	7.50	47:11	6:17	1	-	14	33:43	37.00	2:27:49	3:59	1	-	9	29:03