



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

0000

Doris Behning

000: 2:28:22

00: Saalfelder LV

00: 45

00: 37.00 km

Hexengrund-Triathlon

00000/000: 41 (of 56)

00000/0: 10 (of 18)

000000: 1:58:46

00000: 41(of 2)

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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	11:26	22:52	1	-	5	1:33	0.50	11:26	22:52	1	-	5	1:33
Wechsel Schw.-R	-	2:09	-	1	-	5	0:51	0.50	13:35	27:10	1	-	5	2:06
Schwimmen 000	0.50	13:35	27:10	1	-	5	2:06	0.50	13:35	27:10	1	-	5	2:06
Rad netto	29.00	1:32:05	3:10	1	-	10	21:39	29.50	1:45:40	3:34	1	-	9	21:53
Wechsel Rad-Lau	-	0:23	-	1	-	9	0:09	29.50	1:46:03	3:35	1	-	9	22:02
Rad 000	29.00	1:32:28	3:11	1	-	10	21:48	29.50	1:46:03	3:35	1	-	9	22:02
Lauf	7.50	42:19	5:38	1	-	6	28:51	37.00	2:28:22	4:00	1	-	10	29:36