



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Thomas Ziebell

000: 2:29:47

00: Saalfelder Schwimmverein

00: 26

00: 37.00 km

Hexengrund-Triathlon

00000/000: 43 (of 56)

00000/0: 33 (of 38)

000000: 1:36:42

0000:

Hexengrund-Triathlon 37km

00000: 43(of 10)

0000000: 1:36:42

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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	12:42	25:23	7	5:22	25	5:22	0.50	12:42	25:23	7	5:22	25	5:22
Wechsel Schw.-R	-	4:22	-	9	3:35	35	3:37	0.50	17:04	34:07	6	8:54	28	8:54
Schwimmen 000	0.50	17:04	34:07	6	8:54	28	8:54	0.50	17:04	34:07	6	8:54	28	8:54
Rad netto	29.00	1:29:22	3:04	9	32:08	36	32:08	29.50	1:46:26	3:36	9	41:02	35	41:02
Wechsel Rad-Lau	-	0:16	-	1	-	3	0:02	29.50	1:46:42	3:37	9	40:45	35	40:45
Rad 000	29.00	1:29:38	3:05	9	31:51	36	31:51	29.50	1:46:42	3:37	9	40:45	35	40:45
Lauf	7.50	43:05	5:44	7	13:31	29	15:40	37.00	2:29:47	4:02	7	53:05	33	53:05