



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

0000

Stefan Eberhardt

000: 2:33:42

00: Laufclub Rudolstadt

00: 10

00: 37.00 km

Hexengrund-Triathlon

00000/000: 44 (of 56)

00000/0: 34 (of 38)

000000: 1:36:42

0000:

Hexengrund-Triathlon 37km

00000: 44(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	14:38	29:15	9	7:18	34	7:18	0.50	14:38	29:15	9	7:18	34	7:18
Wechsel Schw.-R	-	2:30	-	5	1:43	18	1:45	0.50	17:08	34:15	7	8:58	29	8:58
Schwimmen 000	0.50	17:08	34:15	7	8:58	29	8:58	0.50	17:08	34:15	7	8:58	29	8:58
Rad netto	29.00	1:32:16	3:10	10	35:02	38	35:02	29.50	1:49:24	3:42	10	44:00	38	44:00
Wechsel Rad-Lau	-	0:40	-	4	0:24	18	0:26	29.50	1:50:04	3:43	10	44:07	38	44:07
Rad 000	29.00	1:32:56	3:12	10	35:09	38	35:09	29.50	1:50:04	3:43	10	44:07	38	44:07
Lauf	7.50	43:38	5:49	8	14:04	31	16:13	37.00	2:33:42	4:09	8	57:00	34	57:00