



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

0000

Silvio Neidel

000: 2:05:05

00: 39

00: 37.00 km

Hexengrund-Triathlon

00000/000: 24 (of 56)

00000/0: 22 (of 38)

000000: 1:36:42

0000:

AK 50, Senioren 3

00000: 2(of 3)

0000000: 1:51:45

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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	10:32	21:03	1	-	17	10:29	0.50	10:32	21:03	1	-	17	10:29
Wechsel Schw.-R	-	2:31	-	1	-	18	1:46	0.50	13:03	26:06	1	-	16	4:53
Schwimmen 000	0.50	13:03	26:06	1	-	16	4:53	0.50	13:03	26:06	1	-	16	4:53
Rad netto	29.00	1:17:02	2:39	2	14:39	25	19:48	29.50	1:30:05	3:03	2	13:57	24	24:41
Wechsel Rad-Lau	-	0:23	-	2	0:03	8	0:09	29.50	1:30:28	3:04	2	13:15	24	24:31
Rad 000	29.00	1:17:25	2:40					29.50	1:30:28	3:04	2	13:15	24	24:31
Lauf	7.50	34:37	4:36	2	0:05	15	7:12	37.00	2:05:05	3:22	2	13:20	22	28:23