



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

0000

Carsten Dudda

000: 2:36:03

00: 6

00: 37.00 km

Hexengrund-Triathlon

00000/000: 46 (of 56)

00000/0: 36 (of 38)

000000: 1:36:42

00000: 46(of 4)

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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	15:51	31:41	3	7:07	35	8:31	0.50	15:51	31:41	3	7:07	35	8:31
Wechsel Schw.-R	-	3:52	-	4	3:07	31	3:07	0.50	19:43	39:25	3	10:14	34	11:33
Schwimmen 000	0.50	19:43	39:25	3	10:14	34	11:33	0.50	19:43	39:25	3	10:14	34	11:33
Rad netto	29.00	1:29:25	3:05	4	25:40	37	32:11	29.50	1:49:08	3:41	4	35:54	37	43:44
Wechsel Rad-Lau	-	0:44	-	4	0:22	20	0:30	29.50	1:49:52	3:43	4	36:03	37	43:55
Rad 000	29.00	1:30:09	3:06	4	25:49	37	32:22	29.50	1:49:52	3:43	4	36:03	37	43:55
Lauf	7.50	46:11	6:09	4	16:28	35	18:46	37.00	2:36:03	4:13	4	52:31	36	59:21