



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

0000

Wolfgang Meusel

000: 2:36:03

00: Triathlon Friedrichroda e.V.

00: 1

00: 37.00 km

Hexengrund-Triathlon

00000/000: 47 (of 56)

00000/0: 36 (of 38)

000000: 1:36:42

00000: 46(of 1)

0000

0000

000

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	13:04	26:07	1	-	26	5:44	0.50	13:04	26:07	1	-	26	5:44
Wechsel Schw.-R	-	2:41	-	1	-	23	1:56	0.50	15:45	31:30	1	-	24	7:35
Schwimmen 000	0.50	15:45	31:30	1	-	24	7:35	0.50	15:45	31:30	1	-	24	7:35
Rad netto	29.00	1:28:03	3:02	1	-	35	30:49	29.50	1:43:48	3:31	1	-	32	38:24
Wechsel Rad-Lau	-	1:00	-	1	-	30	0:46	29.50	1:44:48	3:33	1	-	32	38:51
Rad 000	29.00	1:29:03	3:04	1	-	34	31:16	29.50	1:44:48	3:33	1	-	32	38:51
Lauf	7.50	51:15	6:49	1	-	37	23:50	37.00	2:36:03	4:13	1	-	36	59:21