



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

□□□□

Nancy Köllner

□□□: 2:36:20

□□: 1.SSV Saalfeld Radsport

□□: 57

□□: 37.00 km

Hexengrund-Triathlon

□□□□□/□□□: 48 (of 56)

□□□□□/□: 11 (of 18)

□□□□□□: 1:58:46

□□□□□: 48(of 5)

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	14:33	29:06	5	4:40	17	4:40	0.50	14:33	29:06	5	4:40	17	4:40
Wechsel Schw.-R	-	4:08	-	4	2:32	16	2:50	0.50	18:41	37:22	4	7:12	16	7:12
Schwimmen □□□	0.50	18:41	37:22	4	7:12	16	7:12	0.50	18:41	37:22	4	7:12	16	7:12
Rad netto	29.00	1:29:17	3:04	2	4:56	9	18:51	29.50	1:47:58	3:39	2	8:37	10	24:11
Wechsel Rad-Lau	-	0:30	-	2	0:11	10	0:16	29.50	1:48:28	3:40	2	7:10	10	24:27
Rad □□□	29.00	1:29:47	3:05	2	3:29	9	19:07	29.50	1:48:28	3:40	2	7:10	10	24:27
Lauf	7.50	47:52	6:22	4	34:24	15	34:24	37.00	2:36:20	4:13	3	19:31	11	37:34