



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

0000

Christian Rudolph

000: 2:37:07

00: Feuerwehr Uhlstädt-Kirchhasel

00: 34

00: 37.00 km

00000/000: 49 (of 56)

Hexengrund-Triathlon

00000/0: 38 (of 38)

000000: 1:36:42

0000:

00000: 49(of 10)

Hexengrund-Triathlon 37km

0000000: 1:36:42

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	14:30	29:00	8	7:10	31	7:10	0.50	14:30	29:00	8	7:10	31	7:10
Wechsel Schw.-R	-	3:56	-	8	3:09	32	3:11	0.50	18:26	36:52	9	10:16	31	10:16
Schwimmen 000	0.50	18:26	36:52	9	10:16	31	10:16	0.50	18:26	36:52	9	10:16	31	10:16
Rad netto	29.00	1:23:15	2:52	7	26:01	30	26:01	29.50	1:41:41	3:26	7	36:17	30	36:17
Wechsel Rad-Lau	-	1:09	-	9	0:53	34	0:55	29.50	1:42:50	3:29	7	36:53	30	36:53
Rad 000	29.00	1:24:24	2:54	7	26:37	30	26:37	29.50	1:42:50	3:29	7	36:53	30	36:53
Lauf	7.50	54:17	7:14	10	24:43	38	26:52	37.00	2:37:07	4:14	10	1:00:25	38	1:00:25