



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Stephanie Weber

□□□: 2:39:10

□□: 14

□□: 37.00 km

Hexengrund-Triathlon

□□□□□/□□□: 50 (of 56)

□□□□□/□: 12 (of 18)

□□□□□□: 1:58:46

□□□□□: 50(of 4)

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 0.50 | 12:46 | 25:32 | 3 | 1:39 | 12 | 2:53 | 0.50 | 12:46 | 25:32 | 3 | 1:39 | 12 | 2:53 |
| Wechsel Schw.-R | - | 2:54 | - | 3 | 0:40 | 10 | 1:36 | 0.50 | 15:40 | 31:19 | 2 | 2:19 | 10 | 4:11 |
| Schwimmen □□□ | 0.50 | 15:40 | 31:19 | 2 | 2:19 | 10 | 4:11 | 0.50 | 15:40 | 31:19 | 2 | 2:19 | 10 | 4:11 |
| Rad netto | 29.00 | 1:37:31 | 3:21 | 4 | 27:05 | 12 | 27:05 | 29.50 | 1:53:11 | 3:50 | 4 | 29:24 | 12 | 29:24 |
| Wechsel Rad-Lau | - | 0:16 | - | 2 | 0:02 | 2 | 0:02 | 29.50 | 1:53:27 | 3:50 | 4 | 29:26 | 12 | 29:26 |
| Rad □□□ | 29.00 | 1:37:47 | 3:22 | 4 | 27:07 | 12 | 27:07 | 29.50 | 1:53:27 | 3:50 | 4 | 29:26 | 12 | 29:26 |
| Lauf | 7.50 | 45:43 | 6:05 | 4 | 11:23 | 10 | 32:15 | 37.00 | 2:39:10 | 4:18 | 4 | 40:24 | 12 | 40:24 |