



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Antje Goldhorn

000: 2:47:05

00: 18

00: 37.00 km

Hexengrund-Triathlon

00000/000: 54 (of 56)

00000/0: 16 (of 18)

000000: 1:58:46

00000: 54(of 3)

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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	14:24	28:48	3	3:00	14	4:31	0.50	14:24	28:48	3	3:00	14	4:31
Wechsel Schw.-R	-	3:21	-	3	1:44	11	2:03	0.50	17:45	35:30	3	4:44	14	6:16
Schwimmen 000	0.50	17:45	35:30	3	4:44	14	6:16	0.50	17:45	35:30	3	4:44	14	6:16
Rad netto	29.00	1:42:54	3:32	3	22:38	16	32:28	29.50	2:00:39	4:05	3	26:45	16	36:52
Wechsel Rad-Lau	-	0:22	-	2	0:02	8	0:08	29.50	2:01:01	4:06	3	26:30	16	37:00
Rad 000	29.00	1:43:16	3:33	3	22:23	16	32:36	29.50	2:01:01	4:06	3	26:30	16	37:00
Lauf	7.50	46:04	6:08	3	6:30	11	32:36	37.00	2:47:05	4:30	3	28:02	16	48:19