



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Gabi Bröse

000: 2:51:56

00: Kids Running Rudolstadt

00: 28

00: 37.00 km

Hexengrund-Triathlon

00000/000: 55 (of 56)

00000/0: 17 (of 18)

000000: 1:58:46

00000: 55(of 1)

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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	14:29	28:57	1	-	16	4:36	0.50	14:29	28:57	1	-	16	4:36
Wechsel Schw.-R	-	3:37	-	1	-	14	2:19	0.50	18:06	36:12	1	-	15	6:37
Schwimmen 000	0.50	18:06	36:12	1	-	15	6:37	0.50	18:06	36:12	1	-	15	6:37
Rad netto	29.00	1:44:47	3:36	1	-	17	34:21	29.50	2:02:53	4:09	1	-	17	39:06
Wechsel Rad-Lau	-	0:36	-	1	-	12	0:22	29.50	2:03:29	4:11	1	-	18	39:28
Rad 000	29.00	1:45:23	3:38	1	-	17	34:43	29.50	2:03:29	4:11	1	-	18	39:28
Lauf	7.50	48:27	6:27	1	-	16	34:59	37.00	2:51:56	4:38	1	-	17	53:10