



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

0000

Marius Steege

000: 2:00:43

00: 3

00: 37.00 km

Hexengrund-Triathlon

00000/000: 20 (of 56)

00000/0: 19 (of 38)

000000: 1:36:42

0000:

AK 30 M

00000: 3(of 4)

0000000: 1:47:49

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	10:59	21:57	3	10:56	20	10:56	0.50	10:59	21:57	3	10:56	20	10:56
Wechsel Schw.-R	-	2:37	-	2	0:28	20	1:52	0.50	13:36	27:11	2	2:16	17	5:26
Schwimmen 000	0.50	13:36	27:11	2	2:16	17	5:26	0.50	13:36	27:11	2	2:16	17	5:26
Rad netto	29.00	1:14:22	2:33	3	11:51	21	17:08	29.50	1:27:58	2:58	3	7:48	22	22:34
Wechsel Rad-Lau	-	0:45	-	4	0:31	22	0:31	29.50	1:28:43	3:00	3	8:19	21	22:46
Rad 000	29.00	1:15:07	2:35					29.50	1:28:43	3:00	3	8:19	21	22:46
Lauf	7.50	32:00	4:15	3	4:35	10	4:35	37.00	2:00:43	3:15	3	12:54	19	24:01