



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Charles Franzke

□□□: 1:47:49

□□: Kids Running Rudolstadt e.V.

□□: 4

□□: 37.00 km

Hexengrund-Triathlon

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□□□□□□: 1:36:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	9:11	18:22	1	-	7	1:51	0.50	9:11	18:22	1	-	7	1:51
Wechsel Schw.-R	-	2:09	-	1	-	13	1:24	0.50	11:20	22:40	1	-	7	3:10
Schwimmen □□□	0.50	11:20	22:40	1	-	7	3:10	0.50	11:20	22:40	1	-	7	3:10
Rad netto	29.00	1:08:50	2:22	2	6:19	16	11:36	29.50	1:20:10	2:43	1	-	13	14:46
Wechsel Rad-Lau	-	0:14	-	1	-	1	-	29.50	1:20:24	2:43	1	-	13	14:27
Rad □□□	29.00	1:09:04	2:22	2	6:01	15	11:17	29.50	1:20:24	2:43	1	-	13	14:27
Lauf	7.50	27:25	3:39	1	-	1	-	37.00	1:47:49	2:54	1	-	6	11:07