



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Louise Glatz

□□□: 36:09

□□: HSV Weimar Triathlon

□□: 602

□□: 9.70 km

Juniorhexe 2

□□□□□/□□□: 4 (of 8)

□□□□□/□: 2 (of 3)

□□□□□□: 32:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.20	4:20	21:39	1	-	2	0:26	0.20	4:20	21:39	1	-	2	0:26
Wechsel Schw.-R	-	0:58	-	1	-	1	-	0.20	5:18	26:29	1	-	2	0:13
Schwimmen □□□	0.20	5:18	26:29	1	-	2	0:13	0.20	5:18	26:29	1	-	2	0:13
Rad netto	7.00	18:29	2:38	1	-	2	1:57	7.20	23:47	3:18	1	-	2	2:10
Wechsel Rad-Lau	-	0:13	-	1	-	1	-	7.20	24:00	3:19	1	-	2	2:09
Rad □□□	7.00	18:42	2:40	1	-	2	1:56	7.20	24:00	3:19	1	-	2	2:09
Lauf	2.50	12:09	4:51	1	-	2	1:22	9.70	36:09	3:43	1	-	2	3:31