



# 8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Jakob Riedel

□□□: 36:36

□□: SV90 Niederkrossen

□□: 606

□□: 9.70 km

Juniorhexe 2

□□□□□/□□□: 6 (of 8)

□□□□□/□: 4 (of 5)

□□□□□□: 32:41

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| □□□             | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□  | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett  | 0.20     | 5:37     | 28:04        | 5       | 1:54    | 5       | 1:54    | 0.20 | 5:37      | 28:04         | 5       | 1:54    | 5       | 1:54    |
| Wechsel Schw.-R | -        | 2:56     | -            | 4       | 1:46    | 4       | 1:46    | 0.20 | 8:33      | 42:45         | 5       | 3:08    | 5       | 3:08    |
| Schwimmen □□□   | 0.20     | 8:33     | 42:45        | 5       | 3:08    | 5       | 3:08    | 0.20 | 8:33      | 42:45         | 5       | 3:08    | 5       | 3:08    |
| Rad netto       | 7.00     | 14:38    | 2:05         | 2       | 1:01    | 2       | 1:01    | 7.20 | 23:11     | 3:13          | 2       | 3:55    | 2       | 3:55    |
| Wechsel Rad-Lau | -        | 0:14     | -            | 2       | 0:01    | 2       | 0:01    | 7.20 | 23:25     | 3:15          | 2       | 3:51    | 2       | 3:51    |
| Rad □□□         | 7.00     | 14:52    | 2:07         | 2       | 0:57    | 2       | 0:57    | 7.20 | 23:25     | 3:15          | 2       | 3:51    | 2       | 3:51    |
| Lauf            | 2.50     | 13:11    | 5:16         | 4       | 2:44    | 4       | 2:44    | 9.70 | 36:36     | 3:46          | 4       | 3:55    | 4       | 3:55    |