



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

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Lenny Ziebell

□□□: 42:53

□□: Saalfelder Schwimmverein

□□: 601

□□: 9.70 km

Juniorhexe 2

□□□□□/□□□: 7 (of 8)

□□□□□/□: 5 (of 5)

□□□□□□: 32:41

□□□□□: 7(of 5)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.20	3:50	19:10	2	0:07	2	0:07	0.20	3:50	19:10	2	0:07	2	0:07
Wechsel Schw.-R	-	3:37	-	5	2:27	5	2:27	0.20	7:27	37:15	4	2:02	4	2:02
Schwimmen □□□	0.20	7:27	37:15	4	2:02	4	2:02	0.20	7:27	37:15	4	2:02	4	2:02
Rad netto	7.00	20:56	2:59	5	7:19	5	7:19	7.20	28:23	3:56	5	9:07	5	9:07
Wechsel Rad-Lau	-	0:15	-	4	0:02	4	0:02	7.20	28:38	3:58	5	9:04	5	9:04
Rad □□□	7.00	21:11	3:01	5	7:16	5	7:16	7.20	28:38	3:58	5	9:04	5	9:04
Lauf	2.50	14:15	5:42	5	3:48	5	3:48	9.70	42:53	4:25	5	10:12	5	10:12