



8. Hexengrund-Triathlon Engerda

Engerda / 14.09.2024

□□□□

Marco Kaiser

□□□: 1:51:35

□□: Triathlon Jena e.V.

□□: 17

□□: 37.00 km

Hexengrund-Triathlon

□□□□□/□□□: 9 (of 56)

□□□□□/□: 9 (of 38)

□□□□□□: 1:36:42

□□□□□: 9(of 4)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.50	9:10	18:19	2	0:03	6	1:50	0.50	9:10	18:19	2	0:03	6	1:50
Wechsel Schw.-R	-	1:21	-	1	-	4	0:36	0.50	10:31	21:02	1	-	5	2:21
Schwimmen □□□	0.50	10:31	21:02	1	-	5	2:21	0.50	10:31	21:02	1	-	5	2:21
Rad netto	29.00	1:06:49	2:18	1	-	12	9:35	29.50	1:17:20	2:37	1	-	9	11:56
Wechsel Rad-Lau	-	0:29	-	1	-	12	0:15	29.50	1:17:49	2:38	1	-	9	11:52
Rad □□□	29.00	1:07:18	2:19	1	-	11	9:31	29.50	1:17:49	2:38	1	-	9	11:52
Lauf	7.50	33:46	4:30	1	-	12	6:21	37.00	1:51:35	3:00	1	-	9	14:53