



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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AEG PS Team6

□□□: 1:27:05

□□: AEG PS Team6

□□: 33

□□: 25.70 km

Volksdistanz Staffel (0,70-20,00-5,00)

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□□□□□□: 1:12:01

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Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen	0.70	18:45	26:47	17	9:11	17	9:11	0.70	18:45	26:47	16	5:04	16	5:04
Schwimmen □	0.70	18:45	26:47	16	5:04	16	5:04	0.70	18:45	26:47	16	5:04	16	5:04
Wechsel Schwim	0.05	1:37	32:19	18	0:30	18	0:30	0.75	20:22	27:09	16	5:18	16	5:18
Schwimmen □□□	0.75	20:22	27:09	16	5:18	16	5:18	0.75	20:22	27:09	16	5:18	16	5:18
ZZ Rad	10.00	21:57	2:11	14	8:23	14	8:23	10.75	42:19	3:56	16	4:11	16	4:11
Rad Ende	10.00	20:50	2:04	13	3:07	13	3:07	20.75	1:03:09	3:02	16	2:17	16	2:17
Wechsel Rad-Lau	0.05	0:44	14:39	9	0:08	9	0:08	20.80	1:03:53	3:04	16	1:58	16	1:58
Rad □□□	20.05	43:31	2:10	15	6:49	15	6:49	20.80	1:03:53	3:04	16	1:58	16	1:58
ZZ Lauf	2.50	10:58	4:23	8	5:35	8	5:35	23.30	1:14:51	3:12	16		16	
Lauf	2.50	12:14	4:53	12	2:00	12	2:00	25.70	1:27:05	3:23	13	15:04	13	15:04