



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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AEG PS Team21

□□□: 1:29:19

□□: AEG PS Team21

□□: 49

□□: 25.70 km

□□□□□/□□□: 14 (of 28)

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

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□□□□□□: 1:12:01

□□□□:

□□□□□: 14(of 28)

Staffel

□□□□□□□: 1:12:01

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen | 0.70 | 13:41 | 19:32 | 3 | 4:07 | 3 | 4:07 | 0.70 | 13:41 | 19:32 | 1 | - | 1 | - |
| Schwimmen □ | 0.70 | 13:41 | 19:32 | 1 | - | 1 | - | 0.70 | 13:41 | 19:32 | 1 | - | 1 | - |
| Wechsel Schwim | 0.05 | 1:23 | 27:39 | 9 | 0:16 | 9 | 0:16 | 0.75 | 15:04 | 20:05 | 1 | - | 1 | - |
| Schwimmen □□□ | 0.75 | 15:04 | 20:05 | 1 | - | 1 | - | 0.75 | 15:04 | 20:05 | 1 | - | 1 | - |
| ZZ Rad | 10.00 | 23:04 | 2:18 | 19 | 9:30 | 19 | 9:30 | 10.75 | 38:08 | 3:32 | 1 | - | 1 | - |
| Rad Ende | 10.00 | 22:44 | 2:16 | 19 | 5:01 | 19 | 5:01 | 20.75 | 1:00:52 | 2:56 | 1 | - | 1 | - |
| Wechsel Rad-Lau | 0.05 | 1:03 | 21:00 | 25 | 0:27 | 25 | 0:27 | 20.80 | 1:01:55 | 2:58 | 1 | - | 1 | - |
| Rad □□□ | 20.05 | 46:51 | 2:20 | 20 | 10:09 | 20 | 10:09 | 20.80 | 1:01:55 | 2:58 | 1 | - | 1 | - |
| ZZ Lauf | 2.50 | 13:37 | 5:26 | 22 | 8:14 | 22 | 8:14 | 23.30 | 1:15:32 | 3:14 | 1 | - | 1 | - |
| Lauf | 2.50 | 13:47 | 5:30 | 19 | 3:33 | 19 | 3:33 | 25.70 | 1:29:19 | 3:28 | 14 | 17:18 | 14 | 17:18 |