



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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AEG PS Team3

□□□: 1:29:23

□□: AEG PS Team3

□□: 44

□□: 25.70 km

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

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□□□□□□: 1:12:01

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□□□□□: 15(of 28)

Staffel

□□□□□□□: 1:12:01

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen	0.70	19:13	27:27	19	9:39	19	9:39	0.70	19:13	27:27	14	5:32	14	5:32
Schwimmen □	0.70	19:13	27:27	14	5:32	14	5:32	0.70	19:13	27:27	14	5:32	14	5:32
Wechsel Schwim	0.05	1:38	32:39	21	0:31	21	0:31	0.75	20:51	27:48	14	5:47	14	5:47
Schwimmen □□□	0.75	20:51	27:48	14	5:47	14	5:47	0.75	20:51	27:48	14	5:47	14	5:47
ZZ Rad	10.00	23:41	2:22	20	10:07	20	10:07	10.75	44:32	4:08	14	6:24	14	6:24
Rad Ende	10.00	21:54	2:11	18	4:11	18	4:11	20.75	1:06:26	3:12	14	5:34	14	5:34
Wechsel Rad-Lau	0.05	0:46	15:20	14	0:10	14	0:10	20.80	1:07:12	3:13	14	5:17	14	5:17
Rad □□□	20.05	46:21	2:18	19	9:39	19	9:39	20.80	1:07:12	3:13	14	5:17	14	5:17
ZZ Lauf	2.50	10:30	4:12	6	5:07	6	5:07	23.30	1:17:42	3:20	14	2:10	14	2:10
Lauf	2.50	11:41	4:40	7	1:27	7	1:27	25.70	1:29:23	3:28	15	17:22	15	17:22