



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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AEG PS Team14

□□□: 1:31:47

□□: AEG PS Team14

□□: 38

□□: 25.70 km

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

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□□□□□□: 1:12:01

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□□□□□: 16(of 28)

Staffel

□□□□□□□: 1:12:01

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen	0.70	18:08	25:54	15	8:34	15	8:34	0.70	18:08	25:54	13	4:27	13	4:27
Schwimmen □	0.70	18:08	25:54	13	4:27	13	4:27	0.70	18:08	25:54	13	4:27	13	4:27
Wechsel Schwim	0.05	2:05	41:39	26	0:58	26	0:58	0.75	20:13	26:57	13	5:09	13	5:09
Schwimmen □□□	0.75	20:13	26:57	13	5:09	13	5:09	0.75	20:13	26:57	13	5:09	13	5:09
ZZ Rad	10.00	22:04	2:12	16	8:30	16	8:30	10.75	42:17	3:55	13	4:09	13	4:09
Rad Ende	10.00	20:59	2:05	14	3:16	14	3:16	20.75	1:03:16	3:02	13	2:24	13	2:24
Wechsel Rad-Lau	0.05	0:45	15:00	12	0:09	12	0:09	20.80	1:04:01	3:04	13	2:06	13	2:06
Rad □□□	20.05	43:48	2:11	16	7:06	16	7:06	20.80	1:04:01	3:04	13	2:06	13	2:06
ZZ Lauf	2.50	12:39	5:03	19	7:16	19	7:16	23.30	1:16:40	3:17	13	1:08	13	1:08
Lauf	2.50	15:07	6:02	20	4:53	20	4:53	25.70	1:31:47	3:34	16	19:46	16	19:46