



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

0000

J3 gegen M2

000: 1:32:55

00: J3 gegen M2

00: 58

00: 25.70 km

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

00000/000: 17 (of 28)

00000/000: 17 (of 28)

000000: 1:12:01

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00000: 17(of 28)

Staffel

0000000: 1:12:01

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen	0.70	17:09	24:30	11	7:35	11	7:35	0.70	17:09	24:30	12	3:28	12	3:28
Schwimmen 0	0.70	17:09	24:30	12	3:28	12	3:28	0.70	17:09	24:30	12	3:28	12	3:28
Wechsel Schwim	0.05	2:02	40:39	25	0:55	25	0:55	0.75	19:11	25:34	12	4:07	12	4:07
Schwimmen 000	0.75	19:11	25:34	12	4:07	12	4:07	0.75	19:11	25:34	12	4:07	12	4:07
ZZ Rad	10.00	22:13	2:13	17	8:39	17	8:39	10.75	41:24	3:51	12	3:16	12	3:16
Rad Ende	10.00	21:16	2:07	16	3:33	16	3:33	20.75	1:02:40	3:01	12	1:48	12	1:48
Wechsel Rad-Lau	0.05	0:42	13:59	5	0:06	5	0:06	20.80	1:03:22	3:02	12	1:27	12	1:27
Rad 000	20.05	44:11	2:12	17	7:29	17	7:29	20.80	1:03:22	3:02	12	1:27	12	1:27
ZZ Lauf	2.50	13:38	5:27	23	8:15	23	8:15	23.30	1:17:00	3:18	12	1:28	12	1:28
Lauf	2.50	15:55	6:21	22	5:41	22	5:41	25.70	1:32:55	3:36	17	20:54	17	20:54