



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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AEG PS Team16

□□□: 1:33:37

□□: AEG PS Team16

□□: 40

□□: 25.70 km

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

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□□□□□□: 1:12:01

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□□□□□: 18(of 28)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen	0.70	16:53	24:07	10	7:19	10	7:19	0.70	16:53	24:07	11	3:12	11	3:12
Schwimmen □	0.70	16:53	24:07	11	3:12	11	3:12	0.70	16:53	24:07	11	3:12	11	3:12
Wechsel Schwim	0.05	1:20	26:39	6	0:13	6	0:13	0.75	18:13	24:17	11	3:09	11	3:09
Schwimmen □□□	0.75	18:13	24:17	11	3:09	11	3:09	0.75	18:13	24:17	11	3:09	11	3:09
ZZ Rad	10.00	20:01	2:00	7	6:27	7	6:27	10.75	38:14	3:33	11	0:06	11	0:06
Rad Ende	10.00	18:43	1:52	5	1:00	5	1:00	20.75	56:57	2:44	11		11	
Wechsel Rad-Lau	0.05	0:43	14:19	7	0:07	7	0:07	20.80	57:40	2:46	11		11	
Rad □□□	20.05	39:27	1:58	7	2:45	7	2:45	20.80	57:40	2:46	11		11	
ZZ Lauf	2.50	16:47	6:42	27	11:24	27	11:24	23.30	1:14:27	3:11	11		11	
Lauf	2.50	19:10	7:40	27	8:56	27	8:56	25.70	1:33:37	3:38	18	21:36	18	21:36