



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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AEG PS Team1

□□□: 1:33:59

□□: AEG PS Team1

□□: 42

□□: 25.70 km

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

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□□□□□□: 1:12:01

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□□□□□: 19(of 28)

Staffel

□□□□□□□: 1:12:01

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen	0.70	22:38	32:20	26	13:04	26	13:04	0.70	22:38	32:20	10	8:57	10	8:57
Schwimmen □	0.70	22:38	32:20	10	8:57	10	8:57	0.70	22:38	32:20	10	8:57	10	8:57
Wechsel Schwim	0.05	1:17	25:40	2	0:10	2	0:10	0.75	23:55	31:53	10	8:51	10	8:51
Schwimmen □□□	0.75	23:55	31:53	10	8:51	10	8:51	0.75	23:55	31:53	10	8:51	10	8:51
ZZ Rad	10.00	21:28	2:08	9	7:54	9	7:54	10.75	45:23	4:13	10	7:15	10	7:15
Rad Ende	10.00	19:36	1:57	7	1:53	7	1:53	20.75	1:04:59	3:07	10	4:07	10	4:07
Wechsel Rad-Lau	0.05	0:45	15:00	12	0:09	12	0:09	20.80	1:05:44	3:09	10	3:49	10	3:49
Rad □□□	20.05	41:49	2:05	9	5:07	9	5:07	20.80	1:05:44	3:09	10	3:49	10	3:49
ZZ Lauf	2.50	13:07	5:14	20	7:44	20	7:44	23.30	1:18:51	3:23	10	3:19	10	3:19
Lauf	2.50	15:08	6:03	21	4:54	21	4:54	25.70	1:33:59	3:39	19	21:58	19	21:58