



# 6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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## AEG PS Team11

□□□: 1:36:23

□□: AEG PS Team11

□□: 35

□□: 25.70 km

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

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□□□□□□: 1:12:01

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□□□□□: 21(of 28)

Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen	0.70	16:43	23:52	8	7:09	8	7:09	0.70	16:43	23:52	8	3:02	8	3:02
Schwimmen □	0.70	16:43	23:52	8	3:02	8	3:02	0.70	16:43	23:52	8	3:02	8	3:02
Wechsel Schwim	0.05	2:24	47:59	27	1:17	27	1:17	0.75	19:07	25:29	8	4:03	8	4:03
Schwimmen □□□	0.75	19:07	25:29	8	4:03	8	4:03	0.75	19:07	25:29	8	4:03	8	4:03
ZZ Rad	10.00	21:33	2:09	12	7:59	12	7:59	10.75	40:40	3:46	8	2:32	8	2:32
Rad Ende	10.00	19:41	1:58	8	1:58	8	1:58	20.75	1:00:21	2:54	8		8	
Wechsel Rad-Lau	0.05	0:53	17:39	22	0:17	22	0:17	20.80	1:01:14	2:56	8		8	
Rad □□□	20.05	42:07	2:06	11	5:25	11	5:25	20.80	1:01:14	2:56	8		8	
ZZ Lauf	2.50	16:30	6:35	26	11:07	26	11:07	23.30	1:17:44	3:20	8	2:12	8	2:12
Lauf	2.50	18:39	7:27	26	8:25	26	8:25	25.70	1:36:23	3:45	21	24:22	21	24:22