



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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AEG PS Team7

000: 1:40:23

00: AEG PS Team7

00: 45

00: 25.70 km

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

00000/000: 23 (of 28)

00000/000: 23 (of 28)

000000: 1:12:01

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00000: 23(of 28)

Staffel

0000000: 1:12:01

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen	0.70	22:57	32:47	27	13:23	27	13:23	0.70	22:57	32:47	6	9:16	6	9:16
Schwimmen 0	0.70	22:57	32:47	6	9:16	6	9:16	0.70	22:57	32:47	6	9:16	6	9:16
Wechsel Schwim	0.05	1:26	28:39	10	0:19	10	0:19	0.75	24:23	32:30	6	9:19	6	9:19
Schwimmen 000	0.75	24:23	32:30	6	9:19	6	9:19	0.75	24:23	32:30	6	9:19	6	9:19
ZZ Rad	10.00	25:29	2:32	21	11:55	21	11:55	10.75	49:52	4:38	6	11:44	6	11:44
Rad Ende	10.00	24:39	2:27	22	6:56	22	6:56	20.75	1:14:31	3:35	6	13:39	6	13:39
Wechsel Rad-Lau	0.05	0:38	12:39	3	0:02	3	0:02	20.80	1:15:09	3:36	6	13:14	6	13:14
Rad 000	20.05	50:46	2:31	22	14:04	22	14:04	20.80	1:15:09	3:36	6	13:14	6	13:14
ZZ Lauf	2.50	11:44	4:41	15	6:21	15	6:21	23.30	1:26:53	3:43	6	11:21	6	11:21
Lauf	2.50	13:30	5:24	16	3:16	16	3:16	25.70	1:40:23	3:54	23	28:22	23	28:22