



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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AEG PS Team20

□□□: 1:42:40

□□: AEG PS Team20

□□: 48

□□: 25.70 km

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

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□□□□□□: 1:12:01

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□□□□□: 24(of 28)

Staffel

□□□□□□□: 1:12:01

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen	0.70	20:57	29:55	22	11:23	22	11:23	0.70	20:57	29:55	5	7:16	5	7:16
Schwimmen □	0.70	20:57	29:55	5	7:16	5	7:16	0.70	20:57	29:55	5	7:16	5	7:16
Wechsel Schwim	0.05	1:37	32:19	18	0:30	18	0:30	0.75	22:34	30:05	5	7:30	5	7:30
Schwimmen □□□	0.75	22:34	30:05	5	7:30	5	7:30	0.75	22:34	30:05	5	7:30	5	7:30
ZZ Rad	10.00	27:32	2:45	23	13:58	23	13:58	10.75	50:06	4:39	5	11:58	5	11:58
Rad Ende	10.00	26:17	2:37	24	8:34	24	8:34	20.75	1:16:23	3:40	5	15:31	5	15:31
Wechsel Rad-Lau	0.05	0:41	13:39	4	0:05	4	0:05	20.80	1:17:04	3:42	5	15:09	5	15:09
Rad □□□	20.05	54:30	2:43	23	17:48	23	17:48	20.80	1:17:04	3:42	5	15:09	5	15:09
ZZ Lauf	2.50	12:06	4:50	16	6:43	16	6:43	23.30	1:29:10	3:49	5	13:38	5	13:38
Lauf	2.50	13:30	5:24	16	3:16	16	3:16	25.70	1:42:40	3:59	24	30:39	24	30:39