



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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die Turboschnecken

000: 1:55:29

00: die Turboschnecken

00: 59

00: 25.70 km

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

00000/000: 26 (of 28)

00000/000: 26 (of 28)

000000: 1:12:01

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00000: 26(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	18:56	27:02	18	9:22	18	9:22	0.70	18:56	27:02	3	5:15	3	5:15
Schwimmen 0	0.70	18:56	27:02	3	5:15	3	5:15	0.70	18:56	27:02	3	5:15	3	5:15
Wechsel Schwim	0.05	1:47	35:39	24	0:40	24	0:40	0.75	20:43	27:37	3	5:39	3	5:39
Schwimmen 000	0.75	20:43	27:37	3	5:39	3	5:39	0.75	20:43	27:37	3	5:39	3	5:39
ZZ Rad	10.00	31:52	3:11	27	18:18	27	18:18	10.75	52:35	4:53	3	14:27	3	14:27
Rad Ende	10.00	30:23	3:02	26	12:40	26	12:40	20.75	1:22:58	3:59	3	22:06	3	22:06
Wechsel Rad-Lau	0.05	1:00	20:00	24	0:24	24	0:24	20.80	1:23:58	4:02	3	22:03	3	22:03
Rad 000	20.05	1:03:15	3:09	27	26:33	27	26:33	20.80	1:23:58	4:02	3	22:03	3	22:03
ZZ Lauf	2.50	15:00	6:00	25	9:37	25	9:37	23.30	1:38:58	4:14	3	23:26	3	23:26
Lauf	2.50	16:31	6:36	23	6:17	23	6:17	25.70	1:55:29	4:29	26	43:28	26	43:28