



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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AEG PS Team12

000: 1:57:28

00: AEG PS Team12

00: 36

00: 25.70 km

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

00000/000: 27 (of 28)

00000/000: 27 (of 28)

000000: 1:12:01

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00000: 27(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	21:01	30:01	23	11:27	23	11:27	0.70	21:01	30:01	2	7:20	2	7:20
Schwimmen 0	0.70	21:01	30:01	2	7:20	2	7:20	0.70	21:01	30:01	2	7:20	2	7:20
Wechsel Schwim	0.05	1:31	30:19	15	0:24	15	0:24	0.75	22:32	30:02	2	7:28	2	7:28
Schwimmen 000	0.75	22:32	30:02	2	7:28	2	7:28	0.75	22:32	30:02	2	7:28	2	7:28
ZZ Rad	10.00	30:23	3:02	26	16:49	26	16:49	10.75	52:55	4:55	2	14:47	2	14:47
Rad Ende	10.00	31:46	3:10	27	14:03	27	14:03	20.75	1:24:41	4:04	2	23:49	2	23:49
Wechsel Rad-Lau	0.05	0:46	15:20	14	0:10	14	0:10	20.80	1:25:27	4:06	2	23:32	2	23:32
Rad 000	20.05	1:02:55	3:08	26	26:13	26	26:13	20.80	1:25:27	4:06	2	23:32	2	23:32
ZZ Lauf	2.50	13:50	5:31	24	8:27	24	8:27	23.30	1:39:17	4:15	2	23:45	2	23:45
Lauf	2.50	18:11	7:16	25	7:57	25	7:57	25.70	1:57:28	4:34	27	45:27	27	45:27