



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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AEG PS Team2

□□□: 1:17:06

□□: AEG PS Team2

□□: 43

□□: 25.70 km

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

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□□□□□□: 1:12:01

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Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen	0.70	9:34	13:40	1	-	1	-	0.70	9:34	13:40	25	-	25	25
Schwimmen □	0.70	9:34	13:40	25	-	25	-	0.70	9:34	13:40	25	-	25	25
Wechsel Schwim	0.05	1:18	26:00	4	0:11	4	0:11	0.75	10:52	14:29	25	-	25	25
Schwimmen □□□	0.75	10:52	14:29	25	-	25	-	0.75	10:52	14:29	25	-	25	25
ZZ Rad	10.00	21:32	2:09	11	7:58	11	7:58	10.75	32:24	3:00	23	-	23	23
Rad Ende	10.00	20:01	2:00	10	2:18	10	2:18	20.75	52:25	2:31	25	-	25	25
Wechsel Rad-Lau	0.05	0:48	16:00	18	0:12	18	0:12	20.80	53:13	2:33	25	-	25	25
Rad □□□	20.05	42:21	2:06	12	5:39	12	5:39	20.80	53:13	2:33	25	-	25	25
ZZ Lauf	2.50	11:11	4:28	11	5:48	11	5:48	23.30	1:04:24	2:45	25	-	25	25
Lauf	2.50	12:42	5:04	15	2:28	15	2:28	25.70	1:17:06	3:00	4	5:05	4	5:05