



6. ITH Hennesee Triathlon

Meschede / 06.07.2013

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Kasperczak, Yannick

000: 1:26:32

00: TG Bornheim

00: 152

00: 25.70 km

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

00000/000: 57 (of 116)

00000/0: 54 (of 92)

000000: 1:03:19

0000:

00000: 3(of 8)

AK2 männlich (25-29 Jahre)

0000000: 1:06:54

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen	0.70	16:16	23:14	2	4:35	54	6:37	0.70	16:16	23:14	3	4:35	17	
Schwimmen 0	0.70	16:16	23:14	3	4:35	17		0.70	16:16	23:14	3	4:35	17	
Wechsel Schwim	0.05	2:37	52:19	6	1:14	55	1:25	0.75	18:53	25:10	3	5:49	17	
Schwimmen 000	0.75	18:53	25:10	3	5:49	17		0.75	18:53	25:10	3	5:49	17	
ZZ Rad	10.00	22:04	2:12	2	1:30	43	4:36	10.75	40:57	3:48	2	1:19	17	
Rad Ende	10.00	20:08	2:00	2	0:57	45	5:09	20.75	1:01:05	2:56	3	12:53	17	
Wechsel Rad-Lau	0.05	1:19	26:19	6	0:33	48	0:40	20.80	1:02:24	3:00	3	13:26	17	
Rad 000	20.05	43:31	2:10	3	7:37	52	8:54	20.80	1:02:24	3:00	3	13:26	17	
ZZ Lauf	2.50	11:49	4:43	2	0:56	41	2:58	23.30	1:14:13	3:11	2	3:22	18	
Lauf	2.50	12:19	4:55	2	1:12	43	2:57	25.70	1:26:32	3:22	3	19:38	54	23:13