



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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AEG PS Team5

□□□: 1:34:35

□□: AEG PS Team5

□□: 73

□□: 25.70 km

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

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□□□□□□: 1:03:17

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□□□□□: 17(of 24)

Staffel

□□□□□□□: 1:03:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	21:23	30:32	24	11:44	24	11:44	0.70	21:23	30:32	8	3:49	8	3:49
Wechsel S -> R	-	1:10	-	2	0:01	2	0:01	0.70	22:33	32:12	8	3:09	8	3:09
Schwimmen □□□	0.70	22:33	32:12	8	3:09	8	3:09	0.70	22:33	32:12	8	3:09	8	3:09
Rad netto	20.00	46:48	2:20	18	13:36	18	13:36	20.70	1:09:21	3:21	8	10:34	8	10:34
Wechsel R -> L	-	0:50	-	15	0:11	15	0:11	20.70	1:10:11	3:23	8	10:31	8	10:31
Rad □□□	20.00	47:38	2:22	18	13:43	18	13:43	20.70	1:10:11	3:23	8	10:31	8	10:31
Lauf	5.00	24:24	4:52	16	6:51	16	6:51	25.70	1:34:35	3:40	17	31:18	17	31:18