



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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AEG PS Team3

000: 1:36:07

00: AEG PS Team3

00: 71

00: 25.70 km

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

00000/000: 18 (of 24)

00000/000: 18 (of 24)

000000: 1:03:17

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00000: 18(of 24)

Staffel

0000000: 1:03:17

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.70	19:26	27:45	21	9:47	21	9:47	0.70	19:26	27:45	7	1:52	7	1:52
Wechsel S -> R	-	1:38	-	16	0:29	16	0:29	0.70	21:04	30:05	7	1:40	7	1:40
Schwimmen 000	0.70	21:04	30:05	7	1:40	7	1:40	0.70	21:04	30:05	7	1:40	7	1:40
Rad netto	20.00	44:35	2:13	14	11:23	14	11:23	20.70	1:05:39	3:10	7	6:52	7	6:52
Wechsel R -> L	-	1:18	-	23	0:39	23	0:39	20.70	1:06:57	3:14	7	7:17	7	7:17
Rad 000	20.00	45:53	2:17	14	11:58	14	11:58	20.70	1:06:57	3:14	7	7:17	7	7:17
Lauf	5.00	29:10	5:50	24	11:37	24	11:37	25.70	1:36:07	3:44	18	32:50	18	32:50