



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

Knipperei

□□□: 1:36:55

□□: Knipperei

□□: 51

□□: 25.70 km

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

□□□□□/□□□: 19 (of 24)

□□□□□/□□□: 19 (of 24)

□□□□□□: 1:03:17

□□□□:

□□□□□: 19(of 24)

Staffel

□□□□□□: 1:03:17

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	20:29	29:15	23	10:50	23	10:50	0.70	20:29	29:15	6	2:55	6	2:55
Wechsel S -> R	-	1:09	-	1	-	1	-	0.70	21:38	30:54	6	2:14	6	2:14
Schwimmen □□□	0.70	21:38	30:54	6	2:14	6	2:14	0.70	21:38	30:54	6	2:14	6	2:14
Rad netto	20.00	46:23	2:19	17	13:11	17	13:11	20.70	1:08:01	3:17	6	9:14	6	9:14
Wechsel R -> L	-	0:46	-	8	0:07	8	0:07	20.70	1:08:47	3:19	6	9:07	6	9:07
Rad □□□	20.00	47:09	2:21	17	13:14	17	13:14	20.70	1:08:47	3:19	6	9:07	6	9:07
Lauf	5.00	28:08	5:37	22	10:35	22	10:35	25.70	1:36:55	3:46	19	33:38	19	33:38