



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

0000

Knipperei

000: 1:36:55

00: Knipperei

00: 51

00: 25.70 km

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

00000/000: 19 (of 24)

00000/000: 19 (of 24)

000000: 1:03:17

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00000: 19(of 24)

Staffel

0000000: 1:03:17

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
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 000	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 000	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