



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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USA-Sauerlandteam

□□□: 1:46:11

□□: USA-Sauerlandteam

□□: 68

□□: 25.70 km

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

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□□□□□□: 1:03:17

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□□□□□: 23(of 24)

Staffel

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□ | □□ □□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□ | □□ □□ |
|----------------|----------|----------|--------------|---------|---------|----------|----------|-------|---------|-------|---------|---------|----------|----------|
| Schwimmen nett | 0.70 | 13:11 | 18:50 | 5 | 3:32 | 5 | 3:32 | 0.70 | 13:11 | 18:50 | 2 | | 2 | |
| Wechsel S -> R | - | 1:55 | - | 20 | 0:46 | 20 | 0:46 | 0.70 | 15:06 | 21:34 | 2 | | 2 | |
| Schwimmen □□□ | 0.70 | 15:06 | 21:34 | 2 | | 2 | | 0.70 | 15:06 | 21:34 | 2 | | 2 | |
| Rad netto | 20.00 | 1:09:07 | 3:27 | 23 | 35:55 | 23 | 35:55 | 20.70 | 1:24:13 | 4:04 | 2 | 25:26 | 2 | 25:26 |
| Wechsel R -> L | - | 0:53 | - | 18 | 0:14 | 18 | 0:14 | 20.70 | 1:25:06 | 4:06 | 2 | 25:26 | 2 | 25:26 |
| Rad □□□ | 20.00 | 1:10:00 | 3:30 | 23 | 36:05 | 23 | 36:05 | 20.70 | 1:25:06 | 4:06 | 2 | 25:26 | 2 | 25:26 |
| Lauf | 5.00 | 21:05 | 4:13 | 7 | 3:32 | 7 | 3:32 | 25.70 | 1:46:11 | 4:07 | 23 | 42:54 | 23 | 42:54 |