



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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AEG PS Team2

□□□: 1:12:52

□□: AEG PS Team2

□□: 70

□□: 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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□□□□□: 5(of 24)

Staffel

□□□□□□□: 1:03:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	9:39	13:47	1	-	1	-	0.70	9:39	13:47	21	-	21	
Wechsel S -> R	-	1:25	-	9	0:16	9	0:16	0.70	11:04	15:48	21	-	21	
Schwimmen □□□	0.70	11:04	15:48	21		21		0.70	11:04	15:48	21	-	21	
Rad netto	20.00	39:15	1:57	7	6:03	7	6:03	20.70	50:19	2:25	21	-	21	
Wechsel R -> L	-	0:44	-	6	0:05	6	0:05	20.70	51:03	2:27	21	-	21	
Rad □□□	20.00	39:59	1:59	7	6:04	7	6:04	20.70	51:03	2:27	21	-	21	
Lauf	5.00	21:49	4:21	9	4:16	9	4:16	25.70	1:12:52	2:50	5	9:35	5	9:35