



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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## Go for Gold

□□□: 25:16:23

□□: Go for Gold

□□: 52

□□: 25.70 km

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

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□□□□□□: 1:03:17

□□□□:

Staffel

□□□□□: 24(of 24)

□□□□□□: 1:03:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	19:13	27:27	20	9:34	20	9:34	0.70	19:13	27:27	19	1:39	19	1:39
Wechsel S -> R	-	6:01:00	-	24	5:59:51	24	5:59:51	0.70	6:20:13	543:09	19	6:00:49	19	6:00:49
Schwimmen □□□	0.70	6:20:13	543:09	19	6:00:49	19	6:00:49	0.70	6:20:13	543:09	19	6:00:49	19	6:00:49
Rad netto	20.00	18:37:14	55:51	24	18:04:02	24	18:04:02	20.70	24:57:27	72:20	25	23:58:40	25	23:58:40
Wechsel R -> L	-	0:39	-	1	-	1	-	20.70	24:58:06	72:22	25	23:58:26	25	23:58:26
Rad □□□	20.00	18:37:53	55:53	24	18:03:58	24	18:03:58	20.70	24:58:06	72:22	25	23:58:26	25	23:58:26
Lauf	5.00	18:17	3:39	2	0:44	2	0:44	25.70	25:16:23	59:00	24	24:13:06	24	24:13:06