



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Möhnegazellen, Karsten Schulte □□□: 1:21:35

□□: Möhnegazellen, Katja Ulrich, René Gabel, Karsten S

□□: 50

□□: 25.70 km

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

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Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	15:37	22:18	14	5:58	14	5:58	0.70	15:37	22:18	16	-	16	16
Wechsel S -> R	-	1:40	-	17	0:31	17	0:31	0.70	17:17	24:41	16	-	16	16
Schwimmen □□□	0.70	17:17	24:41	16	-	16	-	0.70	17:17	24:41	16	-	16	16
Rad netto	20.00	39:26	1:58	10	6:14	10	6:14	20.70	56:43	2:44	16	-	16	16
Wechsel R -> L	-	0:51	-	16	0:12	16	0:12	20.70	57:34	2:46	16	-	16	16
Rad □□□	20.00	40:17	2:00	10	6:22	10	6:22	20.70	57:34	2:46	16	-	16	16
Lauf	5.00	24:01	4:48	15	6:28	15	6:28	25.70	1:21:35	3:10	9	18:18	9	18:18