



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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AEG PS Team4

□□□: 1:24:21

□□: AEG PS Team4

□□: 72

□□: 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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□□□□□: 12(of 24)

Staffel

□□□□□□: 1:03:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	17:34	25:05	19	7:55	19	7:55	0.70	17:34	25:05	1	-	1	-
Wechsel S -> R	-	1:50	-	19	0:41	19	0:41	0.70	19:24	27:42	1	-	1	-
Schwimmen □□□	0.70	19:24	27:42	1	-	1	-	0.70	19:24	27:42	1	-	1	-
Rad netto	20.00	39:23	1:58	9	6:11	9	6:11	20.70	58:47	2:50	1	-	1	-
Wechsel R -> L	-	0:53	-	18	0:14	18	0:14	20.70	59:40	2:52	1	-	1	-
Rad □□□	20.00	40:16	2:00	9	6:21	9	6:21	20.70	59:40	2:52	1	-	1	-
Lauf	5.00	24:41	4:56	17	7:08	17	7:08	25.70	1:24:21	3:16	12	21:04	12	21:04