



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

0000

AEG PS Team4

000: 1:24:21

00: AEG PS Team4

00: 72

00: 25.70 km

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

00000/000: 12 (of 24)

00000/000: 12 (of 24)

000000: 1:03:17

0000:

00000: 12(of 24)

Staffel

0000000: 1:03:17

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
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 000	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 000	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