



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

0000

Trioten 3

000: 1:25:11

00: Trioten 3

00: 61

00: 25.70 km

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

00000/000: 13 (of 24)

00000/000: 13 (of 24)

000000: 1:03:17

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00000: 13(of 24)

Staffel

0000000: 1:03:17

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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	13:52	19:48	9	4:13	9	4:13	0.70	13:52	19:48	12			12
Wechsel S -> R	-	1:32	-	12	0:23	12	0:23	0.70	15:24	22:00	12			12
Schwimmen 000	0.70	15:24	22:00	12		12		0.70	15:24	22:00	12			12
Rad netto	20.00	46:03	2:18	16	12:51	16	12:51	20.70	1:01:27	2:58	12	2:40	12	2:40
Wechsel R -> L	-	0:52	-	17	0:13	17	0:13	20.70	1:02:19	3:00	12	2:39	12	2:39
Rad 000	20.00	46:55	2:20	16	13:00	16	13:00	20.70	1:02:19	3:00	12	2:39	12	2:39
Lauf	5.00	22:52	4:34	13	5:19	13	5:19	25.70	1:25:11	3:18	13	21:54	13	21:54