



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

AEG PS Team1

□□□: 1:26:41

□□: AEG PS Team1

□□: 69

□□: 25.70 km

□□□□□/□□□: 14 (of 24)

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

□□□□□/□□□: 14 (of 24)

□□□□□□: 1:03:17

□□□□:

□□□□□: 14(of 24)

Staffel

□□□□□□: 1:03:17

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	13:50	19:45	8	4:11	8	4:11	0.70	13:50	19:45	11		11	
Wechsel S -> R	-	1:36	-	15	0:27	15	0:27	0.70	15:26	22:02	11		11	
Schwimmen □□□	0.70	15:26	22:02	11		11		0.70	15:26	22:02	11		11	
Rad netto	20.00	49:13	2:27	19	16:01	19	16:01	20.70	1:04:39	3:07	11	5:52	11	5:52
Wechsel R -> L	-	0:59	-	21	0:20	21	0:20	20.70	1:05:38	3:10	11	5:58	11	5:58
Rad □□□	20.00	50:12	2:30	19	16:17	19	16:17	20.70	1:05:38	3:10	11	5:58	11	5:58
Lauf	5.00	21:03	4:12	6	3:30	6	3:30	25.70	1:26:41	3:22	14	23:24	14	23:24