



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Advanced Energy

□□□: 1:26:51

□□: Advanced Energy

□□: 63

□□: 25.70 km

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

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□□□□□□: 1:03:17

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Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	16:48	24:00	17	7:09	17	7:09	0.70	16:48	24:00	10		10	
Wechsel S -> R	-	1:32	-	12	0:23	12	0:23	0.70	18:20	26:11	10		10	
Schwimmen □□□	0.70	18:20	26:11	10		10		0.70	18:20	26:11	10		10	
Rad netto	20.00	39:22	1:58	8	6:10	8	6:10	20.70	57:42	2:47	10		10	
Wechsel R -> L	-	0:49	-	11	0:10	11	0:10	20.70	58:31	2:49	10		10	
Rad □□□	20.00	40:11	2:00	8	6:16	8	6:16	20.70	58:31	2:49	10		10	
Lauf	5.00	28:20	5:39	23	10:47	23	10:47	25.70	1:26:51	3:22	15	23:34	15	23:34