



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Weber, Christian

□□□: 1:33:19

□□: Triathlon Mülheim

□□: 122

□□: 25.70 km

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

□□□□□/□□□: 72 (of 113)

□□□□□/□: 58 (of 87)

□□□□□□: 1:03:55

□□□□:

AK2 männlich (25-29 Jahre)

□□□□□: 9(of 13)

□□□□□□□: 1:04:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	17:29	24:58	7	8:11	62	8:11	0.70	17:29	24:58	7	8:11	62	8:11
Wechsel S -> R	-	3:33	-	11	1:55	67	2:00	0.70	21:02	30:02	8	10:06	58	10:06
Schwimmen □□□	0.70	21:02	30:02	8	10:06	58	10:06	0.70	21:02	30:02	8	10:06	58	10:06
Rad netto	20.00	46:26	2:19	10	11:59	68	12:39	20.70	1:07:28	3:15	10	21:49	64	22:44
Wechsel R -> L	-	1:57	-	9	0:33	45	0:54	20.70	1:09:25	3:21	9	22:22	62	23:30
Rad □□□	20.00	48:23	2:25	9	12:24	65	13:25	20.70	1:09:25	3:21	9	22:22	62	23:30
Lauf	5.00	23:54	4:46	9	6:26	50	6:26	25.70	1:33:19	3:37	9	28:48	58	29:24