



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Lingenauber, Daniel

□□□: 1:33:42

□□: Sportverein Wiemeringhausen

□□: 133

□□: 25.70 km

□□□□□/□□□: 74 (of 113)

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

□□□□□/□: 60 (of 87)

□□□□□□: 1:03:55

□□□□:

□□□□□: 8(of 10)

AK1 männlich (20-24 Jahre)

□□□□□□□: 1:04:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	17:21	24:47	8	8:01	60	8:03	0.70	17:21	24:47	8	8:01	60	8:03
Wechsel S -> R	-	3:32	-	9	1:56	66	1:59	0.70	20:53	29:50	7	9:57	57	9:57
Schwimmen □□□	0.70	20:53	29:50	7	9:57	57	9:57	0.70	20:53	29:50	7	9:57	57	9:57
Rad netto	20.00	46:48	2:20	9	11:58	71	13:01	20.70	1:07:41	3:16	8	21:55	65	22:57
Wechsel R -> L	-	2:00	-	9	0:57	47	0:57	20.70	1:09:41	3:21	9	22:52	64	23:46
Rad □□□	20.00	48:48	2:26	9	12:55	70	13:50	20.70	1:09:41	3:21	9	22:52	64	23:46
Lauf	5.00	24:01	4:48	9	5:55	52	6:33	25.70	1:33:42	3:38	8	28:47	60	29:47