



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Ulbrich, Jann

□□□: 1:35:05

□□: Hobbie Triathlet

□□: 157

□□: 25.70 km

□□□□□/□□□: 80 (of 113)

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

□□□□□/□: 65 (of 87)

□□□□□□: 1:03:55

□□□□:

□□□□□: 8(of 8)

AK3 männlich (30-34 Jahre)

□□□□□□□: 1:03:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	16:37	23:44	8	7:13	52	7:19	0.70	16:37	23:44	8	7:13	52	7:19
Wechsel S -> R	-	2:57	-	6	1:24	40	1:24	0.70	19:34	27:57	7	8:37	48	8:38
Schwimmen □□□	0.70	19:34	27:57	7	8:37	48	8:38	0.70	19:34	27:57	7	8:37	48	8:38
Rad netto	20.00	47:37	2:22	8	13:50	73	13:50	20.70	1:07:11	3:14	8	22:27	63	22:27
Wechsel R -> L	-	3:23	-	8	2:12	82	2:20	20.70	1:10:34	3:24	8	24:39	68	24:39
Rad □□□	20.00	51:00	2:32	8	16:02	76	16:02	20.70	1:10:34	3:24	8	24:39	68	24:39
Lauf	5.00	24:31	4:54	7	6:31	55	7:03	25.70	1:35:05	3:41	8	31:10	65	31:10