



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Stark, Oliver

□□□: 1:36:31

□□: TSV Aue-Wingeshausen

□□: 229

□□: 25.70 km

□□□□□/□□□: 86 (of 113)

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

□□□□□/□: 69 (of 87)

□□□□□□: 1:03:55

□□□□:

□□□□□: 6(of 7)

Senioren 1 (40-44 Jahre)

□□□□□□□: 1:13:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	16:58	24:14	5	5:27	56	7:40	0.70	16:58	24:14	5	5:27	56	7:40
Wechsel S -> R	-	4:54	-	7	3:09	82	3:21	0.70	21:52	31:14	7	8:08	68	10:56
Schwimmen □□□	0.70	21:52	31:14	7	8:08	68	10:56	0.70	21:52	31:14	7	8:08	68	10:56
Rad netto	20.00	46:16	2:18	6	10:06	66	12:29	20.70	1:08:08	3:17	6	17:22	68	23:24
Wechsel R -> L	-	2:23	-	5	0:57	70	1:20	20.70	1:10:31	3:24	6	18:19	67	24:36
Rad □□□	20.00	48:39	2:25	6	10:43	67	13:41	20.70	1:10:31	3:24	6	18:19	67	24:36
Lauf	5.00	26:00	5:12	5	4:29	66	8:32	25.70	1:36:31	3:45	6	22:48	69	32:36