



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Jahn, Klaus

000: 1:37:37

00: HSC08 HAMM

00: 259

00: 25.70 km

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

00000/000: 90 (of 113)

00000/0: 72 (of 87)

000000: 1:03:55

0000:

Senioren 5 (60-64 Jahre)

00000: 4(of 6)

0000000: 1:17:28

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	16:45	23:55	4	3:45	54	7:27	0.70	16:45	23:55	4	3:45	54	7:27
Wechsel S -> R	-	3:30	-	5	1:21	64	1:57	0.70	20:15	28:55	4	5:06	53	9:19
Schwimmen 000	0.70	20:15	28:55	4	5:06	53	9:19	0.70	20:15	28:55	4	5:06	53	9:19
Rad netto	20.00	45:54	2:17	4	6:59	64	12:07	20.70	1:06:09	3:11	4	12:05	58	21:25
Wechsel R -> L	-	2:17	-	4	0:40	66	1:14	20.70	1:08:26	3:18	4	12:44	56	22:31
Rad 000	20.00	48:11	2:24	4	7:38	64	13:13	20.70	1:08:26	3:18	4	12:44	56	22:31
Lauf	5.00	29:11	5:50	4	7:25	77	11:43	25.70	1:37:37	3:47	4	20:09	72	33:42