



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

0000

Advanced Energy

000: 1:39:14

00: Advanced Energy

00: 45

00: 25.70 km

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

00000/000: 14 (of 19)

00000/000: 14 (of 19)

000000: 1:08:33

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00000: 14(of 19)

Staffel

0000000: 1:08:33

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.70	15:55	22:44	14	6:44	14	6:44	0.70	15:55	22:44	14	6:44	14	6:44
Wechsel S -> R	-	2:09	-	18	0:37	18	0:37	0.70	18:04	25:48	16	7:11	16	7:11
Schwimmen 000	0.70	18:04	25:48	16	7:11	16	7:11	0.70	18:04	25:48	16	7:11	16	7:11
Rad netto	20.00	51:53	2:35	15	17:40	15	17:40	20.70	1:09:57	3:22	15	21:00	15	21:00
Wechsel R -> L	-	1:33	-	8	0:24	8	0:24	20.70	1:11:30	3:27	15	21:09	15	21:09
Rad 000	20.00	53:26	2:40	15	17:50	15	17:50	20.70	1:11:30	3:27	15	21:09	15	21:09
Lauf	5.00	27:44	5:32	15	10:27	15	10:27	25.70	1:39:14	3:51	15	30:41	15	30:41