



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Bustian, Ingo

□□□: 1:40:38

□□: ohne

□□: 153

□□: 25.70 km

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

□□□□□/□□□: 96 (of 113)

□□□□□/□: 74 (of 87)

□□□□□□: 1:03:55

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 14(of 15)

□□□□□□□: 1:10:04

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	18:54	27:00	13	7:12	75	9:36	0.70	18:54	27:00	13	7:12	75	9:36
Wechsel S -> R	-	4:49	-	13	2:35	80	3:16	0.70	23:43	33:52	12	9:19	75	12:47
Schwimmen □□□	0.70	23:43	33:52	12	9:19	75	12:47	0.70	23:43	33:52	12	9:19	75	12:47
Rad netto	20.00	48:05	2:24	14	13:46	74	14:18	20.70	1:11:48	3:28	14	22:34	77	27:04
Wechsel R -> L	-	1:57	-	6	0:34	45	0:54	20.70	1:13:45	3:33	14	23:08	76	27:50
Rad □□□	20.00	50:02	2:30	14	14:20	71	15:04	20.70	1:13:45	3:33	14	23:08	76	27:50
Lauf	5.00	26:53	5:22	14	7:26	70	9:25	25.70	1:40:38	3:54	14	30:34	74	36:43