



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

0000

Stipp, Thomas

000: 1:43:11

00: Kein Verein

00: 184

00: 25.70 km

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

00000/000: 97 (of 113)

00000/0: 75 (of 87)

000000: 1:03:55

0000:

AK4 männlich (35-39 Jahre)

00000: 6(of 6)

0000000: 1:13:14

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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	21:40	30:57	6	10:17	84	12:22	0.70	21:40	30:57	6	10:17	84	12:22
Wechsel S -> R	-	3:15	-	5	1:25	57	1:42	0.70	24:55	35:35	6	11:42	82	13:59
Schwimmen 000	0.70	24:55	35:35	6	11:42	82	13:59	0.70	24:55	35:35	6	11:42	82	13:59
Rad netto	20.00	46:28	2:19	5	10:05	69	12:41	20.70	1:11:23	3:26	6	21:47	75	26:39
Wechsel R -> L	-	2:00	-	4	0:36	47	0:57	20.70	1:13:23	3:32	6	22:23	75	27:28
Rad 000	20.00	48:28	2:25	5	10:41	66	13:30	20.70	1:13:23	3:32	6	22:23	75	27:28
Lauf	5.00	29:48	5:57	6	9:59	79	12:20	25.70	1:43:11	4:00	6	29:57	75	39:16