



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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FAMILY IN MOTION

□□□: 1:43:56

□□: FAMILY IN MOTION

□□: 40

□□: 25.70 km

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

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Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	16:18	23:17	16	7:07	16	7:07	0.70	16:18	23:17	16	7:07	16	7:07
Wechsel S -> R	-	1:36	-	3	0:04	3	0:04	0.70	17:54	25:34	14	7:01	14	7:01
Schwimmen □□□	0.70	17:54	25:34	14	7:01	14	7:01	0.70	17:54	25:34	14	7:01	14	7:01
Rad netto	20.00	53:50	2:41	16	19:37	16	19:37	20.70	1:11:44	3:27	16	22:47	16	22:47
Wechsel R -> L	-	1:45	-	14	0:36	14	0:36	20.70	1:13:29	3:32	16	23:08	16	23:08
Rad □□□	20.00	55:35	2:46	16	19:59	16	19:59	20.70	1:13:29	3:32	16	23:08	16	23:08
Lauf	5.00	30:27	6:05	18	13:10	18	13:10	25.70	1:43:56	4:02	16	35:23	16	35:23