



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Caritasstuermerinnen

000: 1:51:20

00: Caritasstuermerinnen

00: 37

00: 25.70 km

00000/000: 17 (of 19)

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

00000/000: 17 (of 19)

000000: 1:08:33

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00000: 17(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	16:32	23:37	17	7:21	17	7:21	0.70	16:32	23:37	17	7:21	17	7:21
Wechsel S -> R	-	2:14	-	19	0:42	19	0:42	0.70	18:46	26:48	17	7:53	17	7:53
Schwimmen 000	0.70	18:46	26:48	17	7:53	17	7:53	0.70	18:46	26:48	17	7:53	17	7:53
Rad netto	20.00	59:44	2:59	18	25:31	18	25:31	20.70	1:18:30	3:47	18	29:33	18	29:33
Wechsel R -> L	-	1:56	-	17	0:47	17	0:47	20.70	1:20:26	3:53	18	30:05	18	30:05
Rad 000	20.00	1:01:40	3:04	18	26:04	18	26:04	20.70	1:20:26	3:53	18	30:05	18	30:05
Lauf	5.00	30:54	6:10	19	13:37	19	13:37	25.70	1:51:20	4:19	18	42:47	18	42:47