



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Richter, Arndt

000: 1:26:15

00: LC Wiedenbrück

00: 196

00: 25.70 km

00000/000: 52 (of 113)

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

00000/0: 43 (of 87)

000000: 1:03:55

0000:

00000: 9(of 15)

Senioren 3 (50-54 Jahre)

0000000: 1:10:04

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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	15:18	21:51	6	3:36	39	6:00	0.70	15:18	21:51	6	3:36	39	6:00
Wechsel S -> R	-	2:51	-	4	0:37	34	1:18	0.70	18:09	25:55	6	3:45	37	7:13
Schwimmen 000	0.70	18:09	25:55	6	3:45	37	7:13	0.70	18:09	25:55	6	3:45	37	7:13
Rad netto	20.00	42:43	2:08	8	8:24	48	8:56	20.70	1:00:52	2:56	8	11:38	41	16:08
Wechsel R -> L	-	2:24	-	11	1:01	71	1:21	20.70	1:03:16	3:03	8	12:39	44	17:21
Rad 000	20.00	45:07	2:15	9	9:25	52	10:09	20.70	1:03:16	3:03	8	12:39	44	17:21
Lauf	5.00	22:59	4:35	6	3:32	43	5:31	25.70	1:26:15	3:21	9	16:11	43	22:20