



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Rose, Tim

□□□: 1:09:32

□□: W+F Münster

□□: 160

□□: 25.70 km

□□□□□/□□□: 6 (of 113)

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

□□□□□/□: 6 (of 87)

□□□□□□: 1:03:55

□□□□:

□□□□□: 1(of 3)

Junioren (18+19 Jahre)

□□□□□□: 1:09:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	12:46	18:14	1	-	15	3:28	0.70	12:46	18:14	1	-	15	3:28
Wechsel S -> R	-	1:41	-	1	-	5	0:08	0.70	14:27	20:38	1	-	10	3:31
Schwimmen □□□	0.70	14:27	20:38	1	-	10	3:31	0.70	14:27	20:38	1	-	10	3:31
Rad netto	20.00	34:38	1:43	1	-	4	0:51	20.70	49:05	2:22	1	-	5	4:21
Wechsel R -> L	-	1:18	-	1	-	7	0:15	20.70	50:23	2:26	1	-	5	4:28
Rad □□□	20.00	35:56	1:47	1	-	4	0:58	20.70	50:23	2:26	1	-	5	4:28
Lauf	5.00	19:09	3:49	1	-	8	1:41	25.70	1:09:32	2:42	1	-	6	5:37