



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

0000

AEGPS Team1

000: 1:11:33

00: AEGPS Team1

00: 41

00: 25.70 km

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

00000/000: 2 (of 19)

00000/000: 2 (of 19)

000000: 1:08:33

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00000: 2(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 | 9:13 | 13:10 | 2 | 0:02 | 2 | 0:02 | 0.70 | 9:13 | 13:10 | 2 | 0:02 | 2 | 0:02 |
| Wechsel S -> R | - | 1:42 | - | 8 | 0:10 | 8 | 0:10 | 0.70 | 10:55 | 15:35 | 2 | 0:02 | 2 | 0:02 |
| Schwimmen 000 | 0.70 | 10:55 | 15:35 | 2 | 0:02 | 2 | 0:02 | 0.70 | 10:55 | 15:35 | 2 | 0:02 | 2 | 0:02 |
| Rad netto | 20.00 | 39:00 | 1:57 | 7 | 4:47 | 7 | 4:47 | 20.70 | 49:55 | 2:24 | 4 | 0:58 | 4 | 0:58 |
| Wechsel R -> L | - | 1:25 | - | 5 | 0:16 | 5 | 0:16 | 20.70 | 51:20 | 2:28 | 3 | 0:59 | 3 | 0:59 |
| Rad 000 | 20.00 | 40:25 | 2:01 | 7 | 4:49 | 7 | 4:49 | 20.70 | 51:20 | 2:28 | 3 | 0:59 | 3 | 0:59 |
| Lauf | 5.00 | 20:13 | 4:02 | 3 | 2:56 | 3 | 2:56 | 25.70 | 1:11:33 | 2:47 | 2 | 3:00 | 2 | 3:00 |