



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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## 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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	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