



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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## Go for Gold

□□: Go for Gold

□□: 30

□□: 25.70 km

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

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Staffel

□□□□□/□□□□: DSQ (of 19)

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□□□□□□: 1:08:33

□□□□□□: DSQ(of 19)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	18:25	26:18	18	9:14	18	9:14	0.70	18:25	26:18	18	9:14	18	9:14
Wechsel S -> R	-	1:32	-	1	-	1	-	0.70	19:57	28:30	18	9:04	18	9:04
Schwimmen □□□	0.70	19:57	28:30	18	9:04	18	9:04	0.70	19:57	28:30	18	9:04	18	9:04
Rad netto	20.00	34:21	1:43	3	0:08	3	0:08	20.70	54:18	2:37	7	5:21	7	5:21
Wechsel R -> L	-	1:23	-	3	0:14	3	0:14	20.70	55:41	2:41	7	5:20	7	5:20
Rad □□□	20.00	35:44	1:47	3	0:08	3	0:08	20.70	55:41	2:41	7	5:20	7	5:20
Lauf	5.00	17:17	3:27	1	-	1	-	25.70	-	-	-	-	-	-