



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Krüll, Dennis

000: 1:13:59

00: Team ERDINGER Alkoholfrei

00: 190

00: 25.70 km

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

00000/000: 15 (of 113)

00000/0: 14 (of 87)

000000: 1:03:55

0000:

AK3 männlich (30-34 Jahre)

00000: 2(of 8)

0000000: 1:03:55

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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	13:20	19:02	4	3:56	23	4:02	0.70	13:20	19:02	4	3:56	23	4:02
Wechsel S -> R	-	3:59	-	7	2:26	75	2:26	0.70	17:19	24:44	4	6:22	28	6:23
Schwimmen 000	0.70	17:19	24:44	4	6:22	28	6:23	0.70	17:19	24:44	4	6:22	28	6:23
Rad netto	20.00	36:37	1:49	3	2:50	17	2:50	20.70	53:56	2:36	3	9:12	19	9:12
Wechsel R -> L	-	1:40	-	2	0:29	28	0:37	20.70	55:36	2:41	3	9:41	21	9:41
Rad 000	20.00	38:17	1:54	3	3:19	18	3:19	20.70	55:36	2:41	3	9:41	21	9:41
Lauf	5.00	18:23	3:40	2	0:23	4	0:55	25.70	1:13:59	2:52	2	10:04	14	10:04