



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Rarbach Plaßwilm

□□□: 1:14:54

□□: Rarbach Plaßwilm

□□: 60

□□: 25.70 km

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

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□□□□□□: 1:08:33

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□□□□□: 4(of 19)

Staffel

□□□□□□: 1:08:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	13:34	19:22	10	4:23	10	4:23	0.70	13:34	19:22	10	4:23	10	4:23
Wechsel S -> R	-	1:38	-	6	0:06	6	0:06	0.70	15:12	21:42	9	4:19	9	4:19
Schwimmen □□□	0.70	15:12	21:42	9	4:19	9	4:19	0.70	15:12	21:42	9	4:19	9	4:19
Rad netto	20.00	34:42	1:44	4	0:29	4	0:29	20.70	49:54	2:24	3	0:57	3	0:57
Wechsel R -> L	-	1:29	-	6	0:20	6	0:20	20.70	51:23	2:28	4	1:02	4	1:02
Rad □□□	20.00	36:11	1:48	4	0:35	4	0:35	20.70	51:23	2:28	4	1:02	4	1:02
Lauf	5.00	23:31	4:42	12	6:14	12	6:14	25.70	1:14:54	2:54	5	6:21	5	6:21