



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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## Tus Oeventrop 2

000: 1:16:52

00: Tus Oeventrop 2

00: 34

00: 25.70 km

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

00000/000: 7 (of 19)

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000000: 1:08:33

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00000: 7(of 19)

Staffel

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.70	12:03	17:12	3	2:52	3	2:52	0.70	12:03	17:12	3	2:52	3	2:52
Wechsel S -> R	-	1:45	-	11	0:13	11	0:13	0.70	13:48	19:42	3	2:55	3	2:55
Schwimmen 000	0.70	13:48	19:42	3	2:55	3	2:55	0.70	13:48	19:42	3	2:55	3	2:55
Rad netto	20.00	40:53	2:02	8	6:40	8	6:40	20.70	54:41	2:38	9	5:44	9	5:44
Wechsel R -> L	-	1:36	-	10	0:27	10	0:27	20.70	56:17	2:43	8	5:56	8	5:56
Rad 000	20.00	42:29	2:07	8	6:53	8	6:53	20.70	56:17	2:43	8	5:56	8	5:56
Lauf	5.00	20:35	4:06	6	3:18	6	3:18	25.70	1:16:52	2:59	8	8:19	8	8:19