



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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AEG PS Team2

000: 1:18:58

00: AEG PS Team2

00: 42

00: 25.70 km

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

00000/000: 9 (of 19)

00000/000: 9 (of 19)

000000: 1:08:33

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00000: 9(of 19)

Staffel

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.70	9:11	13:07	1	-	1	-	0.70	9:11	13:07	1	-	1	-
Wechsel S -> R	-	1:42	-	8	0:10	8	0:10	0.70	10:53	15:32	1	-	1	-
Schwimmen 000	0.70	10:53	15:32	1	-	1	-	0.70	10:53	15:32	1	-	1	-
Rad netto	20.00	43:41	2:11	11	9:28	11	9:28	20.70	54:34	2:38	8	5:37	8	5:37
Wechsel R -> L	-	1:44	-	13	0:35	13	0:35	20.70	56:18	2:43	10	5:57	10	5:57
Rad 000	20.00	45:25	2:16	11	9:49	11	9:49	20.70	56:18	2:43	10	5:57	10	5:57
Lauf	5.00	22:40	4:31	11	5:23	11	5:23	25.70	1:18:58	3:04	10	10:25	10	10:25