



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

0000

Hoppe, Andreas

000: 1:21:50

00: -

00: 110

00: 25.70 km

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

00000/000: 34 (of 113)

00000/0: 30 (of 87)

000000: 1:03:55

0000:

AK2 männlich (25-29 Jahre)

00000: 5(of 13)

0000000: 1:04:31

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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	15:40	22:22	5	6:22	44	6:22	0.70	15:40	22:22	5	6:22	44	6:22
Wechsel S -> R	-	2:53	-	8	1:15	35	1:20	0.70	18:33	26:30	5	7:37	41	7:37
Schwimmen 000	0.70	18:33	26:30	5	7:37	41	7:37	0.70	18:33	26:30	5	7:37	41	7:37
Rad netto	20.00	39:17	1:57	5	4:50	29	5:30	20.70	57:50	2:47	5	12:11	31	13:06
Wechsel R -> L	-	1:36	-	3	0:12	24	0:33	20.70	59:26	2:52	5	12:23	30	13:31
Rad 000	20.00	40:53	2:02	5	4:54	28	5:55	20.70	59:26	2:52	5	12:23	30	13:31
Lauf	5.00	22:24	4:28	6	4:56	35	4:56	25.70	1:21:50	3:11	5	17:19	30	17:55