



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Fey, Tilman

000: 1:22:19

00: kein

00: 233

00: 25.70 km

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

00000/000: 37 (of 113)

00000/0: 33 (of 87)

000000: 1:03:55

0000:

Senioren 3 (50-54 Jahre)

00000: 6(of 15)

0000000: 1:10:04

0000

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	15:44	22:28	10	4:02	46	6:26	0.70	15:44	22:28	10	4:02	46	6:26
Wechsel S -> R	-	3:18	-	9	1:04	60	1:45	0.70	19:02	27:11	9	4:38	43	8:06
Schwimmen 000	0.70	19:02	27:11	9	4:38	43	8:06	0.70	19:02	27:11	9	4:38	43	8:06
Rad netto	20.00	38:39	1:55	5	4:20	24	4:52	20.70	57:41	2:47	5	8:27	30	12:57
Wechsel R -> L	-	2:07	-	10	0:44	59	1:04	20.70	59:48	2:53	6	9:11	31	13:53
Rad 000	20.00	40:46	2:02	6	5:04	26	5:48	20.70	59:48	2:53	6	9:11	31	13:53
Lauf	5.00	22:31	4:30	5	3:04	38	5:03	25.70	1:22:19	3:12	6	12:15	33	18:24