



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

0000

Die motivierten Optimisten Wiedenbrück: 1:26:23

00: Die motivierten Optimisten Wiedenbrück

00: 35

00: 25.70 km

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

0000:

Staffel

00000/000: 12 (of 19)

00000/000: 12 (of 19)

000000: 1:08:33

00000: 12(of 19)

0000000: 1:08:33

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|----------------|-------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|-------|-----|-------|
| | km | 00 | min/km | - | - | 000 | 000 | km | 00 | min/km | - | - | 000 | 000 |
| Schwimmen nett | 0.70 | 13:28 | 19:14 | 9 | 4:17 | 9 | 4:17 | 0.70 | 13:28 | 19:14 | 9 | 4:17 | 9 | 4:17 |
| Wechsel S -> R | - | 1:56 | - | 15 | 0:24 | 15 | 0:24 | 0.70 | 15:24 | 22:00 | 11 | 4:31 | 11 | 4:31 |
| Schwimmen 000 | 0.70 | 15:24 | 22:00 | 11 | 4:31 | 11 | 4:31 | 0.70 | 15:24 | 22:00 | 11 | 4:31 | 11 | 4:31 |
| Rad netto | 20.00 | 48:31 | 2:25 | 14 | 14:18 | 14 | 14:18 | 20.70 | 1:03:55 | 3:05 | 14 | 14:58 | 14 | 14:58 |
| Wechsel R -> L | - | 1:57 | - | 18 | 0:48 | 18 | 0:48 | 20.70 | 1:05:52 | 3:10 | 14 | 15:31 | 14 | 15:31 |
| Rad 000 | 20.00 | 50:28 | 2:31 | 14 | 14:52 | 14 | 14:52 | 20.70 | 1:05:52 | 3:10 | 14 | 15:31 | 14 | 15:31 |
| Lauf | 5.00 | 20:31 | 4:06 | 4 | 3:14 | 4 | 3:14 | 25.70 | 1:26:23 | 3:21 | 13 | 17:50 | 13 | 17:50 |