



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Lauderbach, Marcel

000: 1:27:47

00: Fit4Life

00: 125

00: 25.70 km

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

00000/000: 57 (of 113)

00000/0: 46 (of 87)

000000: 1:03:55

0000:

AK3 männlich (30-34 Jahre)

00000: 6(of 8)

0000000: 1:03:55

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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	15:32	22:11	6	6:08	41	6:14	0.70	15:32	22:11	6	6:08	41	6:14
Wechsel S -> R	-	4:09	-	8	2:36	77	2:36	0.70	19:41	28:07	8	8:44	49	8:45
Schwimmen 000	0.70	19:41	28:07	8	8:44	49	8:45	0.70	19:41	28:07	8	8:44	49	8:45
Rad netto	20.00	44:19	2:12	6	10:32	57	10:32	20.70	1:04:00	3:05	6	19:16	53	19:16
Wechsel R -> L	-	2:10	-	7	0:59	62	1:07	20.70	1:06:10	3:11	6	20:15	53	20:15
Rad 000	20.00	46:29	2:19	6	11:31	55	11:31	20.70	1:06:10	3:11	6	20:15	53	20:15
Lauf	5.00	21:37	4:19	4	3:37	21	4:09	25.70	1:27:47	3:24	6	23:52	46	23:52