



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Uschis Piraten

000: 1:28:31

00: Uschis Piraten

00: 36

00: 25.70 km

00000/000: 13 (of 19)

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

00000/000: 13 (of 19)

000000: 1:08:33

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00000: 13(of 19)

Staffel

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	13:46	19:40	12	4:35	12	4:35	0.70	13:46	19:40	12	4:35	12	4:35
Wechsel S -> R	-	1:34	-	2	0:02	2	0:02	0.70	15:20	21:54	10	4:27	10	4:27
Schwimmen 000	0.70	15:20	21:54	10	4:27	10	4:27	0.70	15:20	21:54	10	4:27	10	4:27
Rad netto	20.00	47:20	2:22	13	13:07	13	13:07	20.70	1:02:40	3:01	13	13:43	13	13:43
Wechsel R -> L	-	1:36	-	10	0:27	10	0:27	20.70	1:04:16	3:06	13	13:55	13	13:55
Rad 000	20.00	48:56	2:26	13	13:20	13	13:20	20.70	1:04:16	3:06	13	13:55	13	13:55
Lauf	5.00	24:15	4:50	14	6:58	14	6:58	25.70	1:28:31	3:26	14	19:58	14	19:58