



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Frenz, Christoph

000: 1:29:08

00: -

00: 227

00: 25.70 km

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

00000/000: 62 (of 113)

00000/0: 50 (of 87)

000000: 1:03:55

0000:

Senioren 1 (40-44 Jahre)

00000: 5(of 7)

0000000: 1:13:43

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	14:18	20:25	2	2:47	29	5:00	0.70	14:18	20:25	2	2:47	29	5:00
Wechsel S -> R	-	4:51	-	6	3:06	81	3:18	0.70	19:09	27:21	4	5:25	44	8:13
Schwimmen 000	0.70	19:09	27:21	4	5:25	44	8:13	0.70	19:09	27:21	4	5:25	44	8:13
Rad netto	20.00	40:54	2:02	3	4:44	38	7:07	20.70	1:00:03	2:54	3	9:17	37	15:19
Wechsel R -> L	-	2:28	-	6	1:02	72	1:25	20.70	1:02:31	3:01	3	10:19	39	16:36
Rad 000	20.00	43:22	2:10	4	5:26	43	8:24	20.70	1:02:31	3:01	3	10:19	39	16:36
Lauf	5.00	26:37	5:19	6	5:06	69	9:09	25.70	1:29:08	3:28	5	15:25	50	25:13