



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Schulze, Stefan

□□□: 1:30:26

□□: Nisterberg

□□: 217

□□: 25.70 km

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

□□□□□/□□□: 65 (of 113)

□□□□□/□: 52 (of 87)

□□□□□□: 1:03:55

□□□□:

AK2 männlich (25-29 Jahre)

□□□□□: 8(of 13)

□□□□□□□: 1:04:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	18:10	25:57	8	8:52	66	8:52	0.70	18:10	25:57	8	8:52	66	8:52
Wechsel S -> R	-	2:33	-	5	0:55	26	1:00	0.70	20:43	29:35	7	9:47	56	9:47
Schwimmen □□□	0.70	20:43	29:35	7	9:47	56	9:47	0.70	20:43	29:35	7	9:47	56	9:47
Rad netto	20.00	46:19	2:18	9	11:52	67	12:32	20.70	1:07:02	3:14	9	21:23	62	22:18
Wechsel R -> L	-	1:42	-	5	0:18	33	0:39	20.70	1:08:44	3:19	8	21:41	57	22:49
Rad □□□	20.00	48:01	2:24	8	12:02	63	13:03	20.70	1:08:44	3:19	8	21:41	57	22:49
Lauf	5.00	21:42	4:20	4	4:14	23	4:14	25.70	1:30:26	3:31	8	25:55	52	26:31