



30. stz-Werratal-Triathlon
 Naherholungszentrum Immelborn / 26.07.2015

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ASKLEPIOS Medical Team

□□□: 2:28:37

□□: ASKLEPIOS Medical Team

□□: 149

□□: 55.50 km

Staffel Olympische Distanz 1,5-44-10.00

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□□□□:

Olympische Distanz-Staffel-Mix

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	1.50	28:11	18:47	1	-	1	-	1.50	28:11	18:47	1	-	1	-
Wechsel S -> R	0.05	0:35	11:39	2	0:03	2	0:03	1.55	28:46	18:33	1	-	1	-
Schwimmen □□□	1.55	28:46	18:33	1	-	1	-	1.55	28:46	18:33	1	-	1	-
Rad netto	44.00	1:12:07	1:38	1	-	1	-	45.55	1:40:53	2:12	1	-	1	-
Wechsel R -> L	0.05	0:29	9:39	1	-	1	-	45.60	1:41:22	2:13	1	-	1	-
Rad □□□	44.05	1:12:36	1:38	1	-	1	-	45.60	1:41:22	2:13	1	-	1	-
Lauf	9.90	47:15	4:46	2	11:00	2	11:00	55.50	2:28:37	2:40	1	-	1	-