



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Maleuw

□□□: 1:34:14

□□: Maleuw

□□: 54

□□: 25.70 km

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

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□□□□□□: 1:03:19

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□□□□□: 16(of 18)

Staffel

□□□□□□: 1:03:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	18:15	26:04	16	6:33	16	6:33	0.70	18:15	26:04	16	6:33	16	6:33
Wechsel S -> R	-	2:11	-	11	0:39	11	0:39	0.70	20:26	29:11	16	7:12	16	7:12
Schwimmen □□□	0.70	20:26	29:11	16	7:12	16	7:12	0.70	20:26	29:11	16	7:12	16	7:12
Rad netto	20.00	52:27	2:37	18	20:50	18	20:50	20.70	1:12:53	3:31	18	28:02	18	28:02
Wechsel R -> L	-	1:30	-	8	0:19	8	0:19	20.70	1:14:23	3:35	18	28:21	18	28:21
Rad □□□	20.00	53:57	2:41	18	21:09	18	21:09	20.70	1:14:23	3:35	18	28:21	18	28:21
Lauf	5.00	19:51	3:58	4	2:34	4	2:34	25.70	1:34:14	3:40	16	30:55	16	30:55