



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Gerhardt, Ralf

000: 1:37:15

00: München

00: 166

00: 25.70 km

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

00000/000: 69 (of 109)

00000/0: 56 (of 83)

000000: 1:09:12

0000:

Senioren 2 (45-49 Jahre)

00000: 8(of 12)

0000000: 1:18:04

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	15:49	22:35	4	3:50	22	5:12	0.70	15:49	22:35	4	3:50	23	15:49
Wechsel S -> R	-	4:11	-	9	2:23	59	2:28	0.70	20:00	28:34	6	5:48	32	20:00
Schwimmen 000	0.70	20:00	28:34	6	5:48	32	20:00	0.70	20:00	28:34	6	5:48	32	20:00
Rad netto	20.00	45:57	2:17	9	8:45	53	11:59	20.70	1:05:57	3:11	8	11:26	43	16:44
Wechsel R -> L	-	3:59	-	12	2:35	80	2:58	20.70	1:09:56	3:22	9	12:49	51	19:26
Rad 000	20.00	49:56	2:29	10	11:11	60	14:41	20.70	1:09:56	3:22	9	12:49	51	19:26
Lauf	5.00	27:19	5:27	9	6:22	65	9:49	25.70	1:37:15	3:47	8	19:11	56	28:03