



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Pieper, Marius

□□□: 25:36:53

□□: SK Winterberg

□□: 221

□□: 25.70 km

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

□□□□□/□□□: 109 (of 109)

□□□□□/□: 83 (of 83)

□□□□□□: 1:09:12

□□□□:

männliche Jugend A (16+17 Jahre)

□□□□□: 2(of 2)

□□□□□□□: 1:21:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	23:31:27	2016:21	2	23:16:55	83	23:20:50	0.70	23:31:27	2016:21	3	23:31:27	84	23:31:27	
Wechsel S -> R	-	2:09	-	1	-	6	0:26	0.70	23:33:36	2019:25	3	23:33:36	84	23:33:36	
Schwimmen □□□	0.70	23:33:36	2019:25	3	23:33:36	84	23:33:36	0.70	23:33:36	2019:25	3	23:33:36	84	23:33:36	
Rad netto	20.00	1:36:41	4:50	2	55:22	83	1:02:43	20.70	25:10:17	72:57	3	24:10:20	84	24:21:04	
Wechsel R -> L	-	2:43	-	2	1:26	68	1:42	20.70	25:13:00	73:05	3	24:11:46	84	24:22:30	
Rad □□□	20.00	1:39:24	4:58	2	56:48	83	1:04:09	20.70	25:13:00	73:05	3	24:11:46	84	24:22:30	
Lauf	5.00	23:53	4:46	2	3:20	40	6:23	25.70	25:36:53	59:48	2	24:15:06	83	24:27:41	