



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Leismann, Markus

000: 1:37:56

00: Arnsberg

00: 111

00: 25.70 km

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

00000/000: 73 (of 109)

00000/0: 58 (of 83)

000000: 1:09:12

0000:

Senioren 3 (50-54 Jahre)

00000: 15(of 20)

0000000: 1:10:19

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	15:30	22:08	4	2:27	18	4:53	0.70	15:30	22:08	4	2:27	19	15:30
Wechsel S -> R	-	3:06	-	7	0:54	35	1:23	0.70	18:36	26:34	4	3:21	22	18:36
Schwimmen 000	0.70	18:36	26:34	4	3:21	22	18:36	0.70	18:36	26:34	4	3:21	22	18:36
Rad netto	20.00	49:09	2:27	16	15:11	65	15:11	20.70	1:07:45	3:16	14	18:32	53	18:32
Wechsel R -> L	-	2:32	-	12	1:15	59	1:31	20.70	1:10:17	3:23	14	19:47	53	19:47
Rad 000	20.00	51:41	2:35	16	16:26	66	16:26	20.70	1:10:17	3:23	14	19:47	53	19:47
Lauf	5.00	27:39	5:31	16	7:50	67	10:09	25.70	1:37:56	3:48	15	27:37	58	28:44