



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Mansfeld, Nico

000: 1:40:28

00: Essen

00: 110

00: 25.70 km

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

00000/000: 80 (of 109)

00000/0: 63 (of 83)

000000: 1:09:12

0000:

AK3 männlich (30-34 Jahre)

00000: 5(of 6)

0000000: 1:20:50

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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	21:14	30:20	6	7:31	78	10:37	0.70	21:14	30:20	6	7:31	79	21:14
Wechsel S -> R	-	4:17	-	3	1:52	60	2:34	0.70	25:31	36:27	6	12:12	71	25:31
Schwimmen 000	0.70	25:31	36:27	6	12:12	71	25:31	0.70	25:31	36:27	6	12:12	71	25:31
Rad netto	20.00	45:54	2:17	4	7:42	52	11:56	20.70	1:11:25	3:27	6	14:56	65	22:12
Wechsel R -> L	-	2:11	-	6	0:38	49	1:10	20.70	1:13:36	3:33	6	15:23	64	23:06
Rad 000	20.00	48:05	2:24	5	8:09	52	12:50	20.70	1:13:36	3:33	6	15:23	64	23:06
Lauf	5.00	26:52	5:22	6	4:15	64	9:22	25.70	1:40:28	3:54	5	19:38	63	31:16