



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Neumann, Werner

□□□: 1:38:05

□□: Non-Stop-Ultra

□□: 213

□□: 25.70 km

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

□□□□□/□□□: 74 (of 109)

□□□□□/□: 59 (of 83)

□□□□□□: 1:09:12

□□□□:

Senioren 5 (60-64 Jahre)

□□□□□: 3(of 3)

□□□□□□□: 1:30:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	15:34	22:14	1	-	19	4:57	0.70	15:34	22:14	1	-	20	15:34
Wechsel S -> R	-	4:58	-	2	1:12	67	3:15	0.70	20:32	29:20	2	0:42	38	20:32
Schwimmen □□□	0.70	20:32	29:20	2	0:42	38	20:32	0.70	20:32	29:20	2	0:42	38	20:32
Rad netto	20.00	48:54	2:26	3	6:54	64	14:56	20.70	1:09:26	3:21	3	5:28	58	20:13
Wechsel R -> L	-	2:41	-	2	0:27	65	1:40	20.70	1:12:07	3:29	3	5:17	60	21:37
Rad □□□	20.00	51:35	2:34	3	7:21	64	16:20	20.70	1:12:07	3:29	3	5:17	60	21:37
Lauf	5.00	25:58	5:11	3	2:25	60	8:28	25.70	1:38:05	3:48	3	7:42	59	28:53