



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Tiemann, Marius

000: 1:42:35

00: Sundern

00: 205

00: 25.70 km

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

00000/000: 83 (of 109)

00000/0: 65 (of 83)

000000: 1:09:12

0000:

AK1 männlich (20-24 Jahre)

00000: 4(of 4)

0000000: 1:09:12

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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	20:05	28:41	4	6:40	69	9:28	0.70	20:05	28:41	4	6:40	70	20:05
Wechsel S -> R	-	3:57	-	4	2:10	55	2:14	0.70	24:02	34:20	4	8:50	67	24:02
Schwimmen 000	0.70	24:02	34:20	4	8:50	67	24:02	0.70	24:02	34:20	4	8:50	67	24:02
Rad netto	20.00	47:35	2:22	4	12:06	60	13:37	20.70	1:11:37	3:27	4	20:56	66	22:24
Wechsel R -> L	-	2:06	-	4	1:05	46	1:05	20.70	1:13:43	3:33	4	22:01	65	23:13
Rad 000	20.00	49:41	2:29	4	13:11	59	14:26	20.70	1:13:43	3:33	4	22:01	65	23:13
Lauf	5.00	28:52	5:46	4	11:22	73	11:22	25.70	1:42:35	3:59	4	33:23	65	33:23