



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Bolzenius, Steffen

000: 1:43:40

00: Tornado Eversberg

00: 177

00: 25.70 km

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

00000/000: 87 (of 109)

00000/0: 68 (of 83)

000000: 1:09:12

0000:

AK2 männlich (25-29 Jahre)

00000: 8(of 9)

0000000: 1:12:35

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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	20:57	29:55	9	10:20	75	10:20	0.70	20:57	29:55	9	10:20	76	20:57
Wechsel S -> R	-	5:25	-	8	3:42	70	3:42	0.70	26:22	37:40	9	13:42	79	26:22
Schwimmen 000	0.70	26:22	37:40	9	13:42	79	26:22	0.70	26:22	37:40	9	13:42	79	26:22
Rad netto	20.00	47:15	2:21	7	9:49	58	13:17	20.70	1:13:37	3:33	8	23:31	71	24:24
Wechsel R -> L	-	2:07	-	8	0:46	47	1:06	20.70	1:15:44	3:39	8	24:16	70	25:14
Rad 000	20.00	49:22	2:28	8	10:34	58	14:07	20.70	1:15:44	3:39	8	24:16	70	25:14
Lauf	5.00	27:56	5:35	8	7:48	69	10:26	25.70	1:43:40	4:02	8	31:05	68	34:28