



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Wimmelmeier, Norbert

000: 1:44:31

00: Vorletzter

00: 154

00: 25.70 km

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

00000/000: 88 (of 109)

00000/0: 69 (of 83)

000000: 1:09:12

0000:

Senioren 2 (45-49 Jahre)

00000: 12(of 12)

0000000: 1:18:04

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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	21:12	30:17	12	9:13	76	10:35	0.70	21:12	30:17	12	9:13	77	21:12
Wechsel S -> R	-	5:50	-	12	4:02	74	4:07	0.70	27:02	38:37	12	12:50	80	27:02
Schwimmen 000	0.70	27:02	38:37	12	12:50	80	27:02	0.70	27:02	38:37	12	12:50	80	27:02
Rad netto	20.00	47:48	2:23	11	10:36	62	13:50	20.70	1:14:50	3:36	12	20:19	72	25:37
Wechsel R -> L	-	3:47	-	11	2:23	79	2:46	20.70	1:18:37	3:47	12	21:30	72	28:07
Rad 000	20.00	51:35	2:34	12	12:50	65	16:20	20.70	1:18:37	3:47	12	21:30	72	28:07
Lauf	5.00	25:54	5:10	8	4:57	59	8:24	25.70	1:44:31	4:04	12	26:27	69	35:19