



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Theis, Thorsten

000: 1:51:37

00: BSG DSW21 / DEW21

00: 140

00: 25.70 km

00000/000: 98 (of 109)

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

00000/0: 74 (of 83)

000000: 1:09:12

0000:

00000: 9(of 9)

Senioren 1 (40-44 Jahre)

0000000: 1:11:10

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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	13:28	19:14	2	1:21	8	2:51	0.70	13:28	19:14	2	1:21	9	13:28
Wechsel S -> R	-	3:28	-	5	1:31	44	1:45	0.70	16:56	24:11	3	2:14	14	16:56
Schwimmen 000	0.70	16:56	24:11	3	2:14	14	16:56	0.70	16:56	24:11	3	2:14	14	16:56
Rad netto	20.00	1:07:11	3:21	9	32:39	82	33:13	20.70	1:24:07	4:03	9	34:53	78	34:54
Wechsel R -> L	-	2:07	-	7	0:51	47	1:06	20.70	1:26:14	4:09	9	35:31	78	35:44
Rad 000	20.00	1:09:18	3:27	9	33:17	82	34:03	20.70	1:26:14	4:09	9	35:31	78	35:44
Lauf	5.00	25:23	5:04	7	5:27	52	7:53	25.70	1:51:37	4:20	9	40:27	74	42:25