



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

0000

Birkholz, Jan

000: 1:53:53

00: Rheda-WD.

00: 208

00: 25.70 km

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

00000/000: 100 (of 109)

00000/0: 76 (of 83)

000000: 1:09:12

0000:

AK4 männlich (35-39 Jahre)

00000: 4(of 6)

0000000: 1:29:11

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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	16:08	23:02	1	-	29	5:31	0.70	16:08	23:02	1	-	30	16:08
Wechsel S -> R	-	3:56	-	3	1:05	54	2:13	0.70	20:04	28:40	2	0:12	33	20:04
Schwimmen 000	0.70	20:04	28:40	2	0:12	33	20:04	0.70	20:04	28:40	2	0:12	33	20:04
Rad netto	20.00	59:56	2:59	4	17:52	76	25:58	20.70	1:20:00	3:51	4	18:04	76	30:47
Wechsel R -> L	-	2:51	-	5	1:24	74	1:50	20.70	1:22:51	4:00	4	19:07	76	32:21
Rad 000	20.00	1:02:47	3:08	4	18:55	76	27:32	20.70	1:22:51	4:00	4	19:07	76	32:21
Lauf	5.00	31:02	6:12	5	8:07	78	13:32	25.70	1:53:53	4:25	4	24:42	76	44:41