



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Schottek, Benjamin

□□□: 2:51:44

□□: Tritus SV Neptun Neheim-Hüsten

□□: 368

□□: 55.40 km

□□□□□/□□□: 20 (of 59)

Olympische Distanz (1,40-44,00-10,00)

□□□□□/□: 17 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 2(of 6)

AK4 männlich (35-39 Jahre)

□□□□□□□: 2:50:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:54	19:12	1	-	10	4:30	1.40	26:54	19:12	1	-	10	4:30	
Wechsel S -> R	-	3:26	-	1	-	15	1:34	1.40	30:20	21:40	1	-	11	5:41	
Schwimmen □□□	1.40	30:20	21:40	1	-	11	5:41	1.40	30:20	21:40	1	-	11	5:41	
Rad netto	44.00	1:30:28	2:03	3	0:48	22	17:25	45.40	2:00:48	2:39	1	-	15	22:01	
Wechsel R -> L	-	2:05	-	1	-	8	0:32	45.40	2:02:53	2:42	1	-	16	1:32:03	
Rad □□□	44.00	1:32:33	2:06	2	0:12	19	17:57	45.40	2:02:53	2:42	1	-	16	1:32:03	
Lauf	10.00	48:51	4:53	2	2:41	23	8:08	55.40	2:51:44	3:05	2	1:07	17	29:22	