



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Krumbholz, Markus

000: 2:55:37

00: TSV Hochdahl

00: 342

00: 55.40 km

00000/000: 23 (of 59)

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

00000/0: 20 (of 47)

000000: 2:22:22

0000:

00000: 2(of 5)

Senioren 3 (50-54 Jahre)

0000000: 2:32:07

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000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.40	36:04	25:45	5	9:40	42	13:40	1.40	36:04	25:45	5	9:40	42	13:40
Wechsel S -> R	-	3:08	-	2	0:59	13	1:16	1.40	39:12	28:00	4	10:39	36	14:33
Schwimmen 000	1.40	39:12	28:00	4	10:39	36	14:33	1.40	39:12	28:00	4	10:39	36	14:33
Rad netto	44.00	1:28:38	2:00	3	10:45	14	15:35	45.40	2:07:50	2:48	4	21:24	28	29:03
Wechsel R -> L	-	2:11	-	2	0:28	11	0:38	45.40	2:10:01	2:51	3	21:52	27	1:39:11
Rad 000	44.00	1:30:49	2:03	3	11:13	14	16:13	45.40	2:10:01	2:51	3	21:52	27	1:39:11
Lauf	10.00	45:36	4:33	2	1:38	12	4:53	55.40	2:55:37	3:10	2	23:30	20	33:15