



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Kneer, Jürgen

□□□: 2:05:19

□□: Meschede

□□: 193

□□: 25.70 km

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

□□□□□/□□□: 103 (of 109)

□□□□□/□: 77 (of 83)

□□□□□□: 1:09:12

□□□□:

Senioren 4 (55-59 Jahre)

□□□□□: 8(of 8)

□□□□□□□: 1:15:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	23:02	32:54	8	7:58	81	12:25	0.70	23:02	32:54	8	7:58	82	23:02
Wechsel S -> R	-	8:22	-	8	6:10	82	6:39	0.70	31:24	44:51	8	13:41	83	31:24
Schwimmen □□□	0.70	31:24	44:51	8	13:41	83	31:24	0.70	31:24	44:51	8	13:41	83	31:24
Rad netto	20.00	1:00:35	3:01	8	24:09	77	26:37	20.70	1:31:59	4:26	8	37:50	82	42:46
Wechsel R -> L	-	4:19	-	8	2:58	83	3:18	20.70	1:36:18	4:39	8	40:48	82	45:48
Rad □□□	20.00	1:04:54	3:14	8	27:07	77	29:39	20.70	1:36:18	4:39	8	40:48	82	45:48
Lauf	5.00	29:01	5:48	8	9:05	74	11:31	25.70	2:05:19	4:52	8	49:53	77	56:07