



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Bergmann, Helmut

000: 3:00:29

00: Marathon Soest

00: 310

00: 55.40 km

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

00000/000: 29 (of 59)

00000/0: 26 (of 47)

000000: 2:22:22

0000:

Senioren 5 (60-64 Jahre)

00000: 1(of 2)

0000000: 3:00:29

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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	1.40	27:36	19:42	1	-	14	5:12	1.40	27:36	19:42	1	-	14	5:12
Wechsel S -> R	-	4:46	-	1	-	35	2:54	1.40	32:22	23:07	1	-	18	7:43
Schwimmen 000	1.40	32:22	23:07	1	-	18	7:43	1.40	32:22	23:07	1	-	18	7:43
Rad netto	44.00	1:37:36	2:13	1	-	36	24:33	45.40	2:09:58	2:51	1	-	29	31:11
Wechsel R -> L	-	2:52	-	1	-	30	1:19	45.40	2:12:50	2:55	1	-	29	1:42:00
Rad 000	44.00	1:40:28	2:16	1	-	35	25:52	45.40	2:12:50	2:55	1	-	29	1:42:00
Lauf	10.00	47:39	4:45	1	-	17	6:56	55.40	3:00:29	3:15	1	-	26	38:07