



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Barg, Markus

□□□: 3:06:54

□□: TuS Velmede-Bestwig

□□: 341

□□: 55.40 km

□□□□□/□□□: 34 (of 59)

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

□□□□□/□: 30 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 7(of 13)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:29:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	33:22	23:50	10	8:28	36	10:58	1.40	33:22	23:50	10	8:28	36	10:58
Wechsel S -> R	-	4:09	-	9	1:54	29	2:17	1.40	37:31	26:47	9	10:06	34	12:52
Schwimmen □□□	1.40	37:31	26:47	9	10:06	34	12:52	1.40	37:31	26:47	9	10:06	34	12:52
Rad netto	44.00	1:37:34	2:13	10	20:27	35	24:31	45.40	2:15:05	2:58	8	30:14	32	36:18
Wechsel R -> L	-	2:09	-	2	0:30	9	0:36	45.40	2:17:14	3:01	8	30:09	31	1:46:24
Rad □□□	44.00	1:39:43	2:15	9	20:22	33	25:07	45.40	2:17:14	3:01	8	30:09	31	1:46:24
Lauf	10.00	49:40	4:58	7	8:57	26	8:57	55.40	3:06:54	3:22	7	37:12	30	44:32