



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Otto, Stephan

000: 1:34:40

00: TSV Hochdahl

00: 203

00: 25.70 km

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

00000/000: 60 (of 109)

00000/0: 49 (of 83)

000000: 1:09:12

0000:

Senioren 4 (55-59 Jahre)

00000: 6(of 8)

0000000: 1:15:26

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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	0.70	17:11	24:32	4	2:07	38	6:34	0.70	17:11	24:32	4	2:07	39	17:11
Wechsel S -> R	-	2:12	-	1	-	8	0:29	0.70	19:23	27:41	4	1:40	25	19:23
Schwimmen 000	0.70	19:23	27:41	4	1:40	25	19:23	0.70	19:23	27:41	4	1:40	25	19:23
Rad netto	20.00	52:28	2:37	7	16:02	73	18:30	20.70	1:11:51	3:28	7	17:42	67	22:38
Wechsel R -> L	-	1:28	-	2	0:07	11	0:27	20.70	1:13:19	3:32	7	17:49	63	22:49
Rad 000	20.00	53:56	2:41	7	16:09	72	18:41	20.70	1:13:19	3:32	7	17:49	63	22:49
Lauf	5.00	21:21	4:16	2	1:25	16	3:51	25.70	1:34:40	3:41	6	19:14	49	25:28