



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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**Valero Gallegos, Raul**

□□□: 1:09:12

□□: EJOT Team TV Buschütten

□□: 165

□□: 25.70 km

□□□□□/□□□: 1 (of 109)

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

□□□□□/□: 1 (of 83)

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□□□□□: 1(of 4)

AK1 männlich (20-24 Jahre)

□□□□□□□: 1:09:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	13:25	19:10	1	-	7	2:48	0.70	13:25	19:10	1	-	8	13:25	
Wechsel S -> R	-	1:47	-	1	-	2	0:04	0.70	15:12	21:42	1	-	7	15:12	
Schwimmen □□□	0.70	15:12	21:42	1	-	7	15:12	0.70	15:12	21:42	1	-	7	15:12	
Rad netto	20.00	35:29	1:46	1	-	4	1:31	20.70	50:41	2:26	1	-	4	1:28	
Wechsel R -> L	-	1:01	-	1	-	1	-	20.70	51:42	2:29	1	-	4	1:12	
Rad □□□	20.00	36:30	1:49	1	-	4	1:15	20.70	51:42	2:29	1	-	4	1:12	
Lauf	5.00	17:30	3:30	1	-	1	-	25.70	1:09:12	2:41	1	-	1	-	