



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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## Team Kampfansage

□□□: 1:13:53

□□: Team Kampfansage

□□: 43

□□: 25.70 km

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

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□□□□□□: 1:03:19

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□□□□□: 3(of 18)

Staffel

□□□□□□□: 1:03:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	15:20	21:54	8	3:38	8	3:38	0.70	15:20	21:54	8	3:38	8	3:38
Wechsel S -> R	-	2:38	-	16	1:06	16	1:06	0.70	17:58	25:39	9	4:44	9	4:44
Schwimmen □□□	0.70	17:58	25:39	9	4:44	9	4:44	0.70	17:58	25:39	9	4:44	9	4:44
Rad netto	20.00	34:18	1:42	2	2:41	2	2:41	20.70	52:16	2:31	3	7:25	3	7:25
Wechsel R -> L	-	1:15	-	2	0:04	2	0:04	20.70	53:31	2:35	3	7:29	3	7:29
Rad □□□	20.00	35:33	1:46	2	2:45	2	2:45	20.70	53:31	2:35	3	7:29	3	7:29
Lauf	5.00	20:22	4:04	6	3:05	6	3:05	25.70	1:13:53	2:52	3	10:34	3	10:34