



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Röspel, Tobias

000: 1:21:47

00: Hagen

00: 202

00: 25.70 km

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

00000/000: 14 (of 109)

00000/0: 14 (of 83)

000000: 1:09:12

0000:

männliche Jugend A (16+17 Jahre)

00000: 1(of 2)

0000000: 1:21:47

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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	14:32	20:45	1	-	14	3:55	0.70	14:32	20:45	2	14:32	15	14:32
Wechsel S -> R	-	4:06	-	2	1:57	57	2:23	0.70	18:38	26:37	2	18:38	23	18:38
Schwimmen 000	0.70	18:38	26:37	2	18:38	23	18:38	0.70	18:38	26:37	2	18:38	23	18:38
Rad netto	20.00	41:19	2:03	1	-	29	7:21	20.70	59:57	2:53	1	-	22	10:44
Wechsel R -> L	-	1:17	-	1	-	3	0:16	20.70	1:01:14	2:57	1	-	21	10:44
Rad 000	20.00	42:36	2:07	1	-	26	7:21	20.70	1:01:14	2:57	1	-	21	10:44
Lauf	5.00	20:33	4:06	1	-	8	3:03	25.70	1:21:47	3:10	1	-	14	12:35