



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Dahlmann, Walter

000: 1:22:27

00: Arnsberg

00: 144

00: 25.70 km

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

00000/000: 17 (of 109)

00000/0: 17 (of 83)

000000: 1:09:12

0000:

00000: 2(of 20)

Senioren 3 (50-54 Jahre)

0000000: 1:10:19

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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	14:04	20:05	2	1:01	12	3:27	0.70	14:04	20:05	2	1:01	13	14:04
Wechsel S -> R	-	2:44	-	3	0:32	24	1:01	0.70	16:48	24:00	2	1:33	13	16:48
Schwimmen 000	0.70	16:48	24:00	2	1:33	13	16:48	0.70	16:48	24:00	2	1:33	13	16:48
Rad netto	20.00	40:03	2:00	6	6:05	21	6:05	20.70	56:51	2:44	3	7:38	14	7:38
Wechsel R -> L	-	2:02	-	4	0:45	41	1:01	20.70	58:53	2:50	2	8:23	13	8:23
Rad 000	20.00	42:05	2:06	5	6:50	21	6:50	20.70	58:53	2:50	2	8:23	13	8:23
Lauf	5.00	23:34	4:42	6	3:45	36	6:04	25.70	1:22:27	3:12	2	12:08	17	13:15