



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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von Rüden, Matthias

000: 1:22:22

00: triathlon Club Bremen e.V.

00: 151

00: 25.70 km

00000/000: 16 (of 109)

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

00000/0: 16 (of 83)

000000: 1:09:12

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00000: 2(of 4)

AK1 männlich (20-24 Jahre)

0000000: 1:09:12

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	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	14:30	20:42	2	1:05	13	3:53	0.70	14:30	20:42	2	1:05	14	14:30
Wechsel S -> R	-	2:11	-	2	0:24	7	0:28	0.70	16:41	23:50	2	1:29	12	16:41
Schwimmen 000	0.70	16:41	23:50	2	1:29	12	16:41	0.70	16:41	23:50	2	1:29	12	16:41
Rad netto	20.00	41:55	2:05	3	6:26	32	7:57	20.70	58:36	2:49	2	7:55	17	9:23
Wechsel R -> L	-	1:36	-	2	0:35	21	0:35	20.70	1:00:12	2:54	2	8:30	16	9:42
Rad 000	20.00	43:31	2:10	3	7:01	29	8:16	20.70	1:00:12	2:54	2	8:30	16	9:42
Lauf	5.00	22:10	4:26	3	4:40	21	4:40	25.70	1:22:22	3:12	2	13:10	16	13:10