



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

0000

Theine, Stefan

000: 1:22:21

00: SC Siedlinghausen

00: 220

00: 25.70 km

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

00000/000: 15 (of 109)

00000/0: 15 (of 83)

000000: 1:09:12

0000:

00000: 4(of 12)

Senioren 2 (45-49 Jahre)

0000000: 1:18:04

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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	18:29	26:24	9	6:30	55	7:52	0.70	18:29	26:24	9	6:30	56	18:29
Wechsel S -> R	-	2:29	-	5	0:41	17	0:46	0.70	20:58	29:57	8	6:46	45	20:58
Schwimmen 000	0.70	20:58	29:57	8	6:46	45	20:58	0.70	20:58	29:57	8	6:46	45	20:58
Rad netto	20.00	37:56	1:53	2	0:44	9	3:58	20.70	58:54	2:50	5	4:23	19	9:41
Wechsel R -> L	-	2:01	-	7	0:37	40	1:00	20.70	1:00:55	2:56	5	3:48	18	10:25
Rad 000	20.00	39:57	1:59	2	1:12	12	4:42	20.70	1:00:55	2:56	5	3:48	18	10:25
Lauf	5.00	21:26	4:17	3	0:29	17	3:56	25.70	1:22:21	3:12	4	4:17	15	13:09