



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Spilker, Martin

000: 1:22:53

00: PSV Brilon

00: 125

00: 25.70 km

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

00000/000: 19 (of 109)

00000/0: 19 (of 83)

000000: 1:09:12

0000:

Senioren 3 (50-54 Jahre)

00000: 3(of 20)

0000000: 1:10:19

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	18:44	26:45	14	5:41	58	8:07	0.70	18:44	26:45	14	5:41	59	18:44
Wechsel S -> R	-	3:32	-	10	1:20	45	1:49	0.70	22:16	31:48	12	7:01	53	22:16
Schwimmen 000	0.70	22:16	31:48	12	7:01	53	22:16	0.70	22:16	31:48	12	7:01	53	22:16
Rad netto	20.00	38:34	1:55	3	4:36	14	4:36	20.70	1:00:50	2:56	6	11:37	26	11:37
Wechsel R -> L	-	1:29	-	2	0:12	12	0:28	20.70	1:02:19	3:00	6	11:49	24	11:49
Rad 000	20.00	40:03	2:00	2	4:48	13	4:48	20.70	1:02:19	3:00	6	11:49	24	11:49
Lauf	5.00	20:34	4:06	2	0:45	9	3:04	25.70	1:22:53	3:13	3	12:34	19	13:41