



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

0000

Phibema

000: 1:23:21

00: Phibema

00: 36

00: 25.70 km

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

00000/000: 7 (of 18)

00000/000: 7 (of 18)

000000: 1:03:19

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00000: 7(of 18)

Staffel

0000000: 1:03:19

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.70	15:56	22:45	11	4:14	11	4:14	0.70	15:56	22:45	11	4:14	11	4:14
Wechsel S -> R	-	2:54	-	18	1:22	18	1:22	0.70	18:50	26:54	12	5:36	12	5:36
Schwimmen 000	0.70	18:50	26:54	12	5:36	12	5:36	0.70	18:50	26:54	12	5:36	12	5:36
Rad netto	20.00	39:23	1:58	7	7:46	7	7:46	20.70	58:13	2:48	7	13:22	7	13:22
Wechsel R -> L	-	1:59	-	18	0:48	18	0:48	20.70	1:00:12	2:54	8	14:10	8	14:10
Rad 000	20.00	41:22	2:04	7	8:34	7	8:34	20.70	1:00:12	2:54	8	14:10	8	14:10
Lauf	5.00	23:09	4:37	10	5:52	10	5:52	25.70	1:23:21	3:14	7	20:02	7	20:02