



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

0000

Fritzsche, Andy

000: 1:23:27

00: DH-Hypnosepraxis

00: 181

00: 25.70 km

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

00000/000: 20 (of 109)

00000/0: 20 (of 83)

000000: 1:09:12

0000:

AK1 männlich (20-24 Jahre)

00000: 3(of 4)

0000000: 1:09:12

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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	18:21	26:12	3	4:56	51	7:44	0.70	18:21	26:12	3	4:56	52	18:21
Wechsel S -> R	-	2:31	-	3	0:44	19	0:48	0.70	20:52	29:48	3	5:40	42	20:52
Schwimmen 000	0.70	20:52	29:48	3	5:40	42	20:52	0.70	20:52	29:48	3	5:40	42	20:52
Rad netto	20.00	39:50	1:59	2	4:21	20	5:52	20.70	1:00:42	2:55	3	10:01	24	11:29
Wechsel R -> L	-	1:47	-	3	0:46	31	0:46	20.70	1:02:29	3:01	3	10:47	25	11:59
Rad 000	20.00	41:37	2:04	2	5:07	19	6:22	20.70	1:02:29	3:01	3	10:47	25	11:59
Lauf	5.00	20:58	4:11	2	3:28	12	3:28	25.70	1:23:27	3:14	3	14:15	20	14:15