



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Kleine, Johannes

□□□: 1:23:33

□□: SV Brenken

□□: 104

□□: 25.70 km

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

□□□□□/□□□: 21 (of 109)

□□□□□/□: 21 (of 83)

□□□□□□: 1:09:12

□□□□:

Senioren 4 (55-59 Jahre)

□□□□□: 3(of 8)

□□□□□□□: 1:15:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	15:59	22:49	3	0:55	25	5:22	0.70	15:59	22:49	3	0:55	26	15:59	
Wechsel S -> R	-	3:14	-	5	1:02	38	1:31	0.70	19:13	27:27	3	1:30	24	19:13	
Schwimmen □□□	0.70	19:13	27:27	3	1:30	24	19:13	0.70	19:13	27:27	3	1:30	24	19:13	
Rad netto	20.00	40:54	2:02	3	4:28	26	6:56	20.70	1:00:07	2:54	3	5:58	23	10:54	
Wechsel R -> L	-	1:46	-	5	0:25	30	0:45	20.70	1:01:53	2:59	3	6:23	22	11:23	
Rad □□□	20.00	42:40	2:07	3	4:53	27	7:25	20.70	1:01:53	2:59	3	6:23	22	11:23	
Lauf	5.00	21:40	4:20	3	1:44	18	4:10	25.70	1:23:33	3:15	3	8:07	21	14:21	