



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Leitschuh, Kilian

□□□: 1:23:45

□□: TSV Poppenhausen

□□: 164

□□: 25.70 km

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

□□□□□/□□□: 22 (of 109)

□□□□□/□: 22 (of 83)

□□□□□□: 1:09:12

□□□□:

Junioren (18+19 Jahre)

□□□□□: 1(of 3)

□□□□□□□: 1:23:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	19:57	28:30	2	1:15	67	9:20	0.70	19:57	28:30	2	1:15	68	19:57	
Wechsel S -> R	-	2:47	-	1	-	25	1:04	0.70	22:44	32:28	1	-	60	22:44	
Schwimmen □□□	0.70	22:44	32:28	1	-	60	22:44	0.70	22:44	32:28	1	-	60	22:44	
Rad netto	20.00	38:02	1:54	1	-	10	4:04	20.70	1:00:46	2:56	1	-	25	11:33	
Wechsel R -> L	-	1:49	-	1	-	33	0:48	20.70	1:02:35	3:01	1	-	26	12:05	
Rad □□□	20.00	39:51	1:59	1	-	9	4:36	20.70	1:02:35	3:01	1	-	26	12:05	
Lauf	5.00	21:10	4:14	3	1:09	14	3:40	25.70	1:23:45	3:15	1	-	22	14:33	