



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Turbine HSK

□□□: 1:25:01

□□: Turbine HSK

□□: 42

□□: 25.70 km

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

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Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	19:00	27:08	17	7:18	17	7:18	0.70	19:00	27:08	17	7:18	17	7:18
Wechsel S -> R	-	2:40	-	17	1:08	17	1:08	0.70	21:40	30:57	17	8:26	17	8:26
Schwimmen □□□	0.70	21:40	30:57	17	8:26	17	8:26	0.70	21:40	30:57	17	8:26	17	8:26
Rad netto	20.00	36:58	1:50	3	5:21	3	5:21	20.70	58:38	2:49	8	13:47	8	13:47
Wechsel R -> L	-	1:33	-	9	0:22	9	0:22	20.70	1:00:11	2:54	7	14:09	7	14:09
Rad □□□	20.00	38:31	1:55	3	5:43	3	5:43	20.70	1:00:11	2:54	7	14:09	7	14:09
Lauf	5.00	24:50	4:58	12	7:33	12	7:33	25.70	1:25:01	3:18	9	21:42	9	21:42