



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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mimamo

□□□: 1:26:14

□□: mimamo

□□: 53

□□: 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	17:07	24:27	13	5:25	13	5:25	0.70	17:07	24:27	13	5:25	13	5:25
Wechsel S -> R	-	2:13	-	12	0:41	12	0:41	0.70	19:20	27:37	13	6:06	13	6:06
Schwimmen □□□	0.70	19:20	27:37	13	6:06	13	6:06	0.70	19:20	27:37	13	6:06	13	6:06
Rad netto	20.00	40:49	2:02	9	9:12	9	9:12	20.70	1:00:09	2:54	10	15:18	10	15:18
Wechsel R -> L	-	1:37	-	12	0:26	12	0:26	20.70	1:01:46	2:59	10	15:44	10	15:44
Rad □□□	20.00	42:26	2:07	9	9:38	9	9:38	20.70	1:01:46	2:59	10	15:44	10	15:44
Lauf	5.00	24:28	4:53	11	7:11	11	7:11	25.70	1:26:14	3:21	11	22:55	11	22:55