



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Kremer, Matthias

000: 1:27:54

00: SC Fretter

00: 130

00: 25.70 km

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

00000/000: 35 (of 109)

00000/0: 32 (of 83)

000000: 1:09:12

0000:

Senioren 2 (45-49 Jahre)

00000: 7(of 12)

0000000: 1:18:04

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000	000	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	17:52	25:31	7	5:53	43	7:15	0.70	17:52	25:31	7	5:53	44	17:52
Wechsel S -> R	-	2:42	-	6	0:54	23	0:59	0.70	20:34	29:22	7	6:22	39	20:34
Schwimmen 000	0.70	20:34	29:22	7	6:22	39	20:34	0.70	20:34	29:22	7	6:22	39	20:34
Rad netto	20.00	42:08	2:06	6	4:56	35	8:10	20.70	1:02:42	3:01	7	8:11	33	13:29
Wechsel R -> L	-	1:55	-	6	0:31	34	0:54	20.70	1:04:37	3:07	7	7:30	34	14:07
Rad 000	20.00	44:03	2:12	6	5:18	34	8:48	20.70	1:04:37	3:07	7	7:30	34	14:07
Lauf	5.00	23:17	4:39	5	2:20	31	5:47	25.70	1:27:54	3:25	7	9:50	32	18:42