



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Scheideler, Thomas

□□□: 1:28:42

□□: Lauffreunde FKK

□□: 170

□□: 25.70 km

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

□□□□□/□□□: 38 (of 109)

□□□□□/□: 34 (of 83)

□□□□□□: 1:09:12

□□□□:

AK2 männlich (25-29 Jahre)

□□□□□: 4(of 9)

□□□□□□□: 1:12:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	17:46	25:22	4	7:09	42	7:09	0.70	17:46	25:22	4	7:09	43	17:46
Wechsel S -> R	-	2:31	-	3	0:48	19	0:48	0.70	20:17	28:58	3	7:37	36	20:17
Schwimmen □□□	0.70	20:17	28:58	3	7:37	36	20:17	0.70	20:17	28:58	3	7:37	36	20:17
Rad netto	20.00	42:31	2:07	4	5:05	37	8:33	20.70	1:02:48	3:02	4	12:42	35	13:35
Wechsel R -> L	-	1:29	-	4	0:08	12	0:28	20.70	1:04:17	3:06	4	12:49	33	13:47
Rad □□□	20.00	44:00	2:12	4	5:12	33	8:45	20.70	1:04:17	3:06	4	12:49	33	13:47
Lauf	5.00	24:25	4:53	4	4:17	46	6:55	25.70	1:28:42	3:27	4	16:07	34	19:30