



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Team fITHalten 3

000: 1:30:32

00: Team fITHalten 3

00: 37

00: 25.70 km

00000/000: 14 (of 18)

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

00000/000: 14 (of 18)

000000: 1:03:19

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00000: 14(of 18)

Staffel

0000000: 1:03:19

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	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Schwimmen nett	0.70	11:42	16:42	1	-	1	-	0.70	11:42	16:42	1	-	1	-
Wechsel S -> R	-	1:34	-	3	0:02	3	0:02	0.70	13:16	18:57	2	0:02	2	0:02
Schwimmen 000	0.70	13:16	18:57	2	0:02	2	0:02	0.70	13:16	18:57	2	0:02	2	0:02
Rad netto	20.00	44:48	2:14	13	13:11	13	13:11	20.70	58:04	2:48	6	13:13	6	13:13
Wechsel R -> L	-	1:45	-	16	0:34	16	0:34	20.70	59:49	2:53	6	13:47	6	13:47
Rad 000	20.00	46:33	2:19	13	13:45	13	13:45	20.70	59:49	2:53	6	13:47	6	13:47
Lauf	5.00	30:43	6:08	18	13:26	18	13:26	25.70	1:30:32	3:31	14	27:13	14	27:13