



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Saßmannshausen, André

□□□: 25:30:59

□□: Hallenberg

□□: 217

□□: 25.70 km

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

□□□□□/□□□: 108 (of 109)

□□□□□/□: 82 (of 83)

□□□□□□: 1:09:12

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 6(of 6)

□□□□□□□: 1:20:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	18:23	26:15	5	4:40	52	7:46	0.70	18:23	26:15	5	4:40	53	18:23
Wechsel S -> R	-	23:54:56	-	6	23:52:31	83	23:53:13	0.70	24:13:19	2076:09	7	24:00:00	84	24:13:19
Schwimmen □□□	0.70	24:13:19	2076:09	7	24:00:00	84	24:13:19	0.70	24:13:19	2076:09	7	24:00:00	84	24:13:19
Rad netto	20.00	49:52	2:29	6	11:40	69	15:54	20.70	25:03:11	72:37	7	24:06:42	84	24:13:58
Wechsel R -> L	-	2:03	-	5	0:30	42	1:02	20.70	25:05:14	72:42	7	24:07:01	84	24:14:44
Rad □□□	20.00	51:55	2:35	6	11:59	69	16:40	20.70	25:05:14	72:42	7	24:07:01	84	24:14:44
Lauf	5.00	25:45	5:09	5	3:08	56	8:15	25.70	25:30:59	59:34	6	24:10:09	82	24:21:47