



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Stahlmecke, Peter

000: 1:30:52

00: Köln

00: 114

00: 25.70 km

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

00000/000: 43 (of 109)

00000/0: 38 (of 83)

000000: 1:09:12

0000:

AK3 männlich (30-34 Jahre)

00000: 3(of 6)

0000000: 1:20:50

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	16:28	23:31	4	2:45	34	5:51	0.70	16:28	23:31	4	2:45	35	16:28
Wechsel S -> R	-	4:36	-	4	2:11	62	2:53	0.70	21:04	30:05	5	7:45	47	21:04
Schwimmen 000	0.70	21:04	30:05	5	7:45	47	21:04	0.70	21:04	30:05	5	7:45	47	21:04
Rad netto	20.00	45:16	2:15	2	7:04	48	11:18	20.70	1:06:20	3:12	4	9:51	46	17:07
Wechsel R -> L	-	1:37	-	3	0:04	23	0:36	20.70	1:07:57	3:16	5	9:44	46	17:27
Rad 000	20.00	46:53	2:20	3	6:57	45	11:38	20.70	1:07:57	3:16	5	9:44	46	17:27
Lauf	5.00	22:55	4:35	2	0:18	27	5:25	25.70	1:30:52	3:32	3	10:02	38	21:40