



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Familienbande

□□□: 1:31:57

□□: Familienbande

□□: 46

□□: 25.70 km

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

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□□□□□□: 1:03:19

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Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	17:56	25:37	14	6:14	14	6:14	0.70	17:56	25:37	14	6:14	14	6:14
Wechsel S -> R	-	2:00	-	7	0:28	7	0:28	0.70	19:56	28:28	14	6:42	14	6:42
Schwimmen □□□	0.70	19:56	28:28	14	6:42	14	6:42	0.70	19:56	28:28	14	6:42	14	6:42
Rad netto	20.00	41:12	2:03	10	9:35	10	9:35	20.70	1:01:08	2:57	13	16:17	13	16:17
Wechsel R -> L	-	1:36	-	11	0:25	11	0:25	20.70	1:02:44	3:01	13	16:42	13	16:42
Rad □□□	20.00	42:48	2:08	10	10:00	10	10:00	20.70	1:02:44	3:01	13	16:42	13	16:42
Lauf	5.00	29:13	5:50	17	11:56	17	11:56	25.70	1:31:57	3:34	15	28:38	15	28:38