



10. ITH-Hennesee-Triathlon

Meschede / 24.06.2017

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BODE, Florian

00: Wasser und Freizeit Münster

00: 32

00: 6.22 km

Schüler- und Jugendtriathlon (0,2-5,00-1,00)

0000:

männliche Jugend B (14+15 Jahre)

000: 19:37

00: 18.35 km/h

0000: 3:09 min/km

00000/000: 1 (of 28)

00000/0: 1 (of 18)

000000: 19:37

00000: 1(of 4)

0000000: 19:37

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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 | 0.20 | 3:30 | 17:30 | 1 | - | 1 | - | 0.20 | 3:30 | 17:30 | 1 | - | 1 | - |
| Wechsel S -> R | 0.01 | 2:04 | 206:40 | 1 | - | 3 | 0:09 | 0.21 | 5:34 | 26:30 | 1 | - | 1 | - |
| Rad netto | 5.00 | 9:14 | 1:50 | 2 | 0:45 | 3 | 9:11 | 5.21 | 14:48 | 2:50 | 1 | - | 4 | 7:11 |
| Rad | 0.01 | 1:00 | 100:00 | 1 | - | 1 | - | 5.22 | 15:48 | 3:01 | 1 | - | 1 | - |
| Lauf | 1.00 | 3:49 | 3:49 | 1 | - | 1 | - | 6.22 | 19:37 | 3:09 | 1 | - | 1 | - |