



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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**Niedergriese, Marc**

□□□: 2:22:48

□□: Tri-Geckos Dortmund

□□: 377

□□: 55.40 km

□□□□□/□□□: 4 (of 86)

Olympische Distanz (1,40-44,00-10,00)

□□□□□/□: 4 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 1(of 2)

AK2 männlich (25-29 Jahre)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	22:58	16:24	1	-	6	2:11	1.40	22:58	16:24	1	-	50	
Wechsel S -> R	-	1:34	-	1	-	3	0:14	1.40	24:32	17:31	1	-	50	
Schwimmen □□□	1.40	24:32	17:31	1	-	50		1.40	24:32	17:31	1	-	50	
Rad netto	44.00	1:15:57	1:43	1	-	5	3:56	45.40	1:40:29	2:12	1	-	49	
Wechsel R -> L	-	1:07	-	1	-	4	0:16	45.40	1:41:36	2:14	1	-	49	
Rad □□□	44.00	1:17:04	1:45	1	-	5	3:33	45.40	1:41:36	2:14	1	-	49	
Lauf	10.00	41:12	4:07	1	-	9	3:59	55.40	2:22:48	2:34	1	-	4	7:03