



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Gockel, Marc

□□□: 2:26:48

□□: Tritus SV Neptun Neheim-Hüsten

□□: 309

□□: 55.40 km

□□□□□/□□□: 7 (of 86)

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

□□□□□/□: 7 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 3(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	23:56	17:05	2	0:39	8	3:09	1.40	23:56	17:05	18	-	47	
Wechsel S -> R	-	2:06	-	6	0:46	17	0:46	1.40	26:02	18:35	18	-	47	
Schwimmen □□□	1.40	26:02	18:35	18		47		1.40	26:02	18:35	18	-	47	
Rad netto	44.00	1:19:58	1:49	4	7:57	13	7:57	45.40	1:46:00	2:20	17	-	46	
Wechsel R -> L	-	1:17	-	5	0:08	13	0:26	45.40	1:47:17	2:21	15	-	46	
Rad □□□	44.00	1:21:15	1:50	4	7:44	11	7:44	45.40	1:47:17	2:21	15	-	46	
Lauf	10.00	39:31	3:57	2	1:19	6	2:18	55.40	2:26:48	2:38	3	5:29	7	11:03