



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Brüll, Freddy

□□□: 2:27:17

□□: Triathlon Team EUPEN

□□: 343

□□: 55.40 km

□□□□□/□□□: 8 (of 86)

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

□□□□□/□: 8 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 4(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:15	18:45	6	2:58	21	5:28	1.40	26:15	18:45	17		46	
Wechsel S -> R	-	2:03	-	5	0:43	15	0:43	1.40	28:18	20:12	17		46	
Schwimmen □□□	1.40	28:18	20:12	17		46		1.40	28:18	20:12	17		46	
Rad netto	44.00	1:19:34	1:48	3	7:33	11	7:33	45.40	1:47:52	2:22	16		45	
Wechsel R -> L	-	1:13	-	2	0:04	9	0:22	45.40	1:49:05	2:24	14		45	
Rad □□□	44.00	1:20:47	1:50	3	7:16	10	7:16	45.40	1:49:05	2:24	14		45	
Lauf	10.00	38:12	3:49	1	-	2	0:59	55.40	2:27:17	2:39	4	5:58	8	11:32