



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Schulte-Pieper, Thomas

□□□: 2:27:55

□□: RC Sorpesee

□□: 374

□□: 55.40 km

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

□□□□□/□□□: 9 (of 86)

□□□□□/□: 9 (of 69)

□□□□□□: 2:15:45

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 1(of 12)

□□□□□□□: 2:27:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	25:05	17:55	2	0:02	14	4:18	1.40	25:05	17:55	1	-	36	
Wechsel S -> R	-	2:00	-	1	-	14	0:40	1.40	27:05	19:20	1	-	36	
Schwimmen □□□	1.40	27:05	19:20	1	-	36		1.40	27:05	19:20	1	-	36	
Rad netto	44.00	1:14:39	1:41	1	-	3	2:38	45.40	1:41:44	2:14	1	-	44	
Wechsel R -> L	-	1:11	-	1	-	8	0:20	45.40	1:42:55	2:16	1	-	44	
Rad □□□	44.00	1:15:50	1:43	1	-	3	2:19	45.40	1:42:55	2:16	1	-	44	
Lauf	10.00	45:00	4:30	4	1:19	27	7:47	55.40	2:27:55	2:40	1	-	9	12:10