



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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van Amstel, Marcel

□□□: 2:29:49

□□: x

□□: 307

□□: 55.40 km

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

□□□□□/□□□: 10 (of 86)

□□□□□/□: 10 (of 69)

□□□□□□: 2:15:45

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 1(of 10)

□□□□□□□: 2:29:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	21:05	15:03	1	-	2	0:18	1.40	21:05	15:03	1	-	44		
Wechsel S -> R	-	2:13	-	1	-	21	0:53	1.40	23:18	16:38	1	-	44		
Schwimmen □□□	1.40	23:18	16:38	1	-	44		1.40	23:18	16:38	1	-	44		
Rad netto	44.00	1:21:14	1:50	1	-	18	9:13	45.40	1:44:32	2:18	1	-	34		
Wechsel R -> L	-	1:39	-	4	0:20	35	0:48	45.40	1:46:11	2:20	1	-	33		
Rad □□□	44.00	1:22:53	1:53	1	-	18	9:22	45.40	1:46:11	2:20	1	-	33		
Lauf	10.00	43:38	4:21	1	-	16	6:25	55.40	2:29:49	2:42	1	-	10	14:04	