



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Edelbroich, Matthias

□□□: 2:31:11

□□: Tritus SV Neptun Neheim Hüsten

□□: 303

□□: 55.40 km

□□□□□/□□□: 11 (of 86)

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

□□□□□/□: 11 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 2(of 10)

AK4 männlich (35-39 Jahre)

□□□□□□□: 2:15:45

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□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40     | 25:58    | 18:32        | 4       | 5:11    | 17      | 5:11    | 1.40  | 25:58     | 18:32         | 2       | 5:11    | 43      |         |
| Wechsel S -> R | -        | 2:22     | -            | 7       | 0:39    | 30      | 1:02    | 1.40  | 28:20     | 20:14         | 2       | 5:35    | 43      |         |
| Schwimmen □□□  | 1.40     | 28:20    | 20:14        | 2       | 5:35    | 43      |         | 1.40  | 28:20     | 20:14         | 2       | 5:35    | 43      |         |
| Rad netto      | 44.00    | 1:19:29  | 1:48         | 2       | 4:51    | 10      | 7:28    | 45.40 | 1:47:49   | 2:22          | 2       | 10:26   | 42      |         |
| Wechsel R -> L | -        | 1:06     | -            | 1       | -       | 3       | 0:15    | 45.40 | 1:48:55   | 2:23          | 2       | 10:23   | 42      |         |
| Rad □□□        | 44.00    | 1:20:35  | 1:49         | 2       | 4:48    | 9       | 7:04    | 45.40 | 1:48:55   | 2:23          | 2       | 10:23   | 42      |         |
| Lauf           | 10.00    | 42:16    | 4:13         | 2       | 5:03    | 14      | 5:03    | 55.40 | 2:31:11   | 2:43          | 2       | 15:26   | 11      | 15:26   |