



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

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□□□□□: 2(of 10)

AK4 männlich (35-39 Jahre)

□□□□□□□: 2:15:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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