



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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**Siekmann, Sascha**

□□□: 2:32:07

□□: Iserlohner Tri Team

□□: 359

□□: 55.40 km

□□□□□/□□□: 13 (of 86)

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

□□□□□/□: 13 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 5(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	24:24	17:25	3	1:07	9	3:37	1.40	24:24	17:25	16		41	
Wechsel S -> R	-	2:14	-	7	0:54	23	0:54	1.40	26:38	19:01	16		41	
Schwimmen □□□	1.40	26:38	19:01	16		41		1.40	26:38	19:01	16		41	
Rad netto	44.00	1:22:02	1:51	6	10:01	19	10:01	45.40	1:48:40	2:23	15		40	
Wechsel R -> L	-	1:17	-	5	0:08	13	0:26	45.40	1:49:57	2:25	13		40	
Rad □□□	44.00	1:23:19	1:53	6	9:48	19	9:48	45.40	1:49:57	2:25	13		40	
Lauf	10.00	42:10	4:13	6	3:58	12	4:57	55.40	2:32:07	2:44	5	10:48	13	16:22