



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Blissenbach, Gerd

□□□: 2:34:25

□□: SV Bergisch Gladbach

□□: 366

□□: 55.40 km

□□□□□/□□□: 16 (of 86)

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

□□□□□/□: 16 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 3(of 12)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:27:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	25:03	17:53	1	-	13	4:16	1.40	25:03	17:53	3			39
Wechsel S -> R	-	2:07	-	2	0:07	18	0:47	1.40	27:10	19:24	3	0:05		39
Schwimmen □□□	1.40	27:10	19:24	3	0:05	39		1.40	27:10	19:24	3	0:05		39
Rad netto	44.00	1:20:03	1:49	3	5:24	14	8:02	45.40	1:47:13	2:21	3	5:29		38
Wechsel R -> L	-	1:46	-	7	0:35	45	0:55	45.40	1:48:59	2:24	3	6:04		38
Rad □□□	44.00	1:21:49	1:51	3	5:59	15	8:18	45.40	1:48:59	2:24	3	6:04		38
Lauf	10.00	45:26	4:32	5	1:45	29	8:13	55.40	2:34:25	2:47	3	6:30	16	18:40