



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Haupt, Heinz-Holger

□□□: 2:36:14

□□: Tritus SV Neptun Neheim-Hüsten

□□: 388

□□: 55.40 km

□□□□□/□□□: 18 (of 86)

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

□□□□□/□: 18 (of 69)

□□□□□□: 2:15:45

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□□□□□: 4(of 12)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:27:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	25:08	17:57	3	0:05	15	4:21	1.40	25:08	17:57	4	0:03	37	
Wechsel S -> R	-	2:08	-	3	0:08	19	0:48	1.40	27:16	19:28	4	0:11	37	
Schwimmen □□□	1.40	27:16	19:28	4	0:11	37		1.40	27:16	19:28	4	0:11	37	
Rad netto	44.00	1:22:52	1:52	4	8:13	24	10:51	45.40	1:50:08	2:25	4	8:24	36	
Wechsel R -> L	-	1:19	-	2	0:08	15	0:28	45.40	1:51:27	2:27	4	8:32	36	
Rad □□□	44.00	1:24:11	1:54	4	8:21	23	10:40	45.40	1:51:27	2:27	4	8:32	36	
Lauf	10.00	44:47	4:28	3	1:06	24	7:34	55.40	2:36:14	2:49	4	8:19	18	20:29