



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Müller, Andreas

□□□: 2:37:37

□□: WKPA

□□: 401

□□: 55.40 km

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

□□□□□/□□□: 22 (of 86)

□□□□□/□: 22 (of 69)

□□□□□□: 2:15:45

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 8(of 19)

□□□□□□□: 2:21:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:58	19:15	8	3:41	27	6:11	1.40	26:58	19:15	15	-	69	
Wechsel S -> R	-	3:14	-	14	1:54	52	1:54	1.40	30:12	21:34	15	-	69	0:50
Schwimmen □□□	1.40	30:12	21:34	15		69	0:50	1.40	30:12	21:34	15	-	69	0:50
Rad netto	44.00	1:23:50	1:54	11	11:49	27	11:49	45.40	1:54:02	2:30	14	-	52	
Wechsel R -> L	-	1:23	-	8	0:14	19	0:32	45.40	1:55:25	2:32	12	-	34	
Rad □□□	44.00	1:25:13	1:56	10	11:42	25	11:42	45.40	1:55:25	2:32	12	-	34	
Lauf	10.00	42:12	4:13	7	4:00	13	4:59	55.40	2:37:37	2:50	8	16:18	22	21:52