



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Wüster, Bernd

□□□: 2:37:28

□□: Tri Power Rhein-Sieg

□□: 335

□□: 55.40 km

□□□□□/□□□: 21 (of 86)

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

□□□□□/□: 21 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 1(of 5)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:37:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	22:29	16:03	1	-	3	1:42	1.40	22:29	16:03	1	-	52	
Wechsel S -> R	-	2:20	-	2	0:17	29	1:00	1.40	24:49	17:43	1	-	68	
Schwimmen □□□	1.40	24:49	17:43	1	-	68		1.40	24:49	17:43	1	-	68	
Rad netto	44.00	1:23:32	1:53	1	-	26	11:31	45.40	1:48:21	2:23	1	-	53	
Wechsel R -> L	-	1:45	-	3	0:07	44	0:54	45.40	1:50:06	2:25	1	-	43	
Rad □□□	44.00	1:25:17	1:56	1	-	26	11:46	45.40	1:50:06	2:25	1	-	43	
Lauf	10.00	47:22	4:44	2	8:46	35	10:09	55.40	2:37:28	2:50	1	-	21	21:43