



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Gorissen, Michael

□□□: 2:37:02

□□: Team Magic/KTT01

□□: 364

□□: 55.40 km

□□□□□/□□□: 20 (of 86)

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

□□□□□/□: 20 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 7(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 29:15 | 20:53 | 13 | 5:58 | 39 | 8:28 | 1.40 | 29:15 | 20:53 | 14 | 0:13 | 67 | 2:11 |
| Wechsel S -> R | - | 1:57 | - | 4 | 0:37 | 10 | 0:37 | 1.40 | 31:12 | 22:17 | 14 | - | 67 | 1:50 |
| Schwimmen □□□ | 1.40 | 31:12 | 22:17 | 14 | - | 67 | 1:50 | 1.40 | 31:12 | 22:17 | 14 | - | 67 | 1:50 |
| Rad netto | 44.00 | 1:20:29 | 1:49 | 5 | 8:28 | 15 | 8:28 | 45.40 | 1:51:41 | 2:27 | 13 | - | 55 | - |
| Wechsel R -> L | - | 1:39 | - | 13 | 0:30 | 35 | 0:48 | 45.40 | 1:53:20 | 2:29 | 11 | - | 52 | - |
| Rad □□□ | 44.00 | 1:22:08 | 1:52 | 5 | 8:37 | 17 | 8:37 | 45.40 | 1:53:20 | 2:29 | 11 | - | 52 | - |
| Lauf | 10.00 | 43:42 | 4:22 | 8 | 5:30 | 18 | 6:29 | 55.40 | 2:37:02 | 2:50 | 7 | 15:43 | 20 | 21:17 |