



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Janzen, Berthold

□□□: 2:37:01

□□: SG Welper Triathlon

□□: 393

□□: 55.40 km

□□□□□/□□□: 19 (of 86)

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

□□□□□/□: 19 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 6(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:24	20:17	11	5:07	35	7:37	1.40	28:24	20:17	13		66	1:20
Wechsel S -> R	-	3:43	-	15	2:23	57	2:23	1.40	32:07	22:56	13	0:31	66	2:45
Schwimmen □□□	1.40	32:07	22:56	13	0:31	66	2:45	1.40	32:07	22:56	13	0:31	66	2:45
Rad netto	44.00	1:22:22	1:52	7	10:21	20	10:21	45.40	1:54:29	2:31	12		56	
Wechsel R -> L	-	1:13	-	2	0:04	9	0:22	45.40	1:55:42	2:32	10		53	
Rad □□□	44.00	1:23:35	1:53	7	10:04	20	10:04	45.40	1:55:42	2:32	10		53	
Lauf	10.00	41:19	4:07	5	3:07	10	4:06	55.40	2:37:01	2:50	6	15:42	19	21:16