



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Bellscheidt, Andreas

□□□: 2:41:53

□□: Wuppertal

□□: 320

□□: 55.40 km

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

□□□□□/□□□: 26 (of 86)

□□□□□/□: 26 (of 69)

□□□□□□: 2:15:45

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 5(of 12)

□□□□□□□: 2:27:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:18	20:12	6	3:15	33	7:31	1.40	28:18	20:12	5	3:13	61	1:14
Wechsel S -> R	-	3:02	-	7	1:02	48	1:42	1.40	31:20	22:22	5	4:15	61	1:58
Schwimmen □□□	1.40	31:20	22:22	5	4:15	61	1:58	1.40	31:20	22:22	5	4:15	61	1:58
Rad netto	44.00	1:23:55	1:54	5	9:16	28	11:54	45.40	1:55:15	2:32	5	13:31	61	
Wechsel R -> L	-	1:55	-	8	0:44	49	1:04	45.40	1:57:10	2:34	11	14:15	62	
Rad □□□	44.00	1:25:50	1:57	5	10:00	29	12:19	45.40	1:57:10	2:34	11	14:15	62	
Lauf	10.00	44:43	4:28	2	1:02	21	7:30	55.40	2:41:53	2:55	5	13:58	26	26:08