



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Hämmerling, Bartosch

□□□: 2:45:06

□□: ASC Ahlen

□□: 358

□□: 55.40 km

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

□□□□□/□□□: 29 (of 86)

□□□□□/□: 29 (of 69)

□□□□□□: 2:15:45

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 3(of 5)

□□□□□□□: 2:33:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	31:38	22:35	4	5:27	55	10:51	1.40	31:38	22:35	3	3:17	60	4:34
Wechsel S -> R	-	2:16	-	3	0:26	25	0:56	1.40	33:54	24:12	3	3:34	60	4:32
Schwimmen □□□	1.40	33:54	24:12	3	3:34	60	4:32	1.40	33:54	24:12	3	3:34	60	4:32
Rad netto	44.00	1:26:37	1:58	3	6:02	33	14:36	45.40	2:00:31	2:39	3	9:36	63	0:57
Wechsel R -> L	-	1:13	-	1	-	9	0:22	45.40	2:01:44	2:40	3	9:25	61	
Rad □□□	44.00	1:27:50	1:59	3	5:51	33	14:19	45.40	2:01:44	2:40	3	9:25	61	
Lauf	10.00	43:22	4:20	2	1:56	15	6:09	55.40	2:45:06	2:58	3	11:21	29	29:21