



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Kiefer, Markus

□□□: 2:45:39

□□: Soester Tri Team

□□: 384

□□: 55.40 km

□□□□□/□□□: 31 (of 86)

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

□□□□□/□: 31 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 7(of 10)

AK4 männlich (35-39 Jahre)

□□□□□□□: 2:15:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:41	19:46	6	6:54	30	6:54	1.40	27:41	19:46	6	6:54	59	0:37
Wechsel S -> R	-	2:36	-	8	0:53	38	1:16	1.40	30:17	21:37	6	7:32	59	0:55
Schwimmen □□□	1.40	30:17	21:37	6	7:32	59	0:55	1.40	30:17	21:37	6	7:32	59	0:55
Rad netto	44.00	1:25:32	1:56	6	10:54	32	13:31	45.40	1:55:49	2:33	8	18:26	64	
Wechsel R -> L	-	1:37	-	6	0:31	32	0:46	45.40	1:57:26	2:35	6	18:54	59	
Rad □□□	44.00	1:27:09	1:58	6	11:22	32	13:38	45.40	1:57:26	2:35	6	18:54	59	
Lauf	10.00	48:13	4:49	8	11:00	37	11:00	55.40	2:45:39	2:59	7	29:54	31	29:54