



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Fiebig, Alexander

□□□: 14:51

□□: tri-time / TV Attendorn

□□: 4

□□: 1.94 km

Kindertriathlon (0,04-1,50-0,40)

□□□□□/□□□: 20 (of 20)

□□□□□/□: 11 (of 11)

□□□□□□: 7:48

□□□□:

männliche Schüler B (10+11 Jahre)

□□□□□: 3(of 3)

□□□□□□□: 8:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.04	1:25	35:24	3	0:38	9	0:38	0.04	1:25	35:24	3	0:38	11	0:38
Wechsel S -> R	-	5:37	-	3	3:49	11	4:17	0.04	7:02	175:49	3	4:27	11	4:55
Schwimmen □□□	0.04	7:02	175:49	3	4:27	11	4:55	0.04	7:02	175:49	3	4:27	11	4:55
Rad netto	1.50	3:21	2:14	2	0:10	4	0:24	1.54	10:23	6:44	3	4:37	11	5:19
Wechsel R -> L	-	0:49	-	2	0:01	5	0:12	1.54	11:12	7:16	3	4:37	11	5:31
Rad □□□	1.50	4:10	2:46	2	0:10	3	0:36	1.54	11:12	7:16	3	4:37	11	5:31
Lauf	0.40	3:39	9:07	3	1:21	11	1:32	1.94	14:51	7:39	3	5:58	11	7:03