



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Cabello, Oliver

□□□: 2:43:58

□□: Tri-Cops Warstein

□□: 378

□□: 55.40 km

□□□□□/□□□: 28 (of 86)

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

□□□□□/□: 28 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 6(of 10)

AK4 männlich (35-39 Jahre)

□□□□□□□: 2:15:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:26	21:01	8	8:39	41	8:39	1.40	29:26	21:01	8	8:39	56	2:22
Wechsel S -> R	-	1:58	-	3	0:15	11	0:38	1.40	31:24	22:25	8	8:39	56	2:02
Schwimmen □□□	1.40	31:24	22:25	8	8:39	56	2:02	1.40	31:24	22:25	8	8:39	56	2:02
Rad netto	44.00	1:27:36	1:59	8	12:58	39	15:35	45.40	1:59:00	2:37	9	21:37	65	
Wechsel R -> L	-	1:07	-	2	0:01	4	0:16	45.40	2:00:07	2:38	9	21:35	66	
Rad □□□	44.00	1:28:43	2:00	8	12:56	35	15:12	45.40	2:00:07	2:38	9	21:35	66	
Lauf	10.00	43:51	4:23	3	6:38	19	6:38	55.40	2:43:58	2:57	6	28:13	28	28:13