



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

**Kemper, Christoph**

□□□: 2:47:51

□□: TRI Sport Menden

□□: 380

□□: 55.40 km

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

□□□□□/□□□: 36 (of 86)

□□□□□/□: 35 (of 69)

□□□□□□: 2:15:45

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 11(of 19)

□□□□□□□: 2:21:19

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:34	19:41	10	4:17	29	6:47	1.40	27:34	19:41	10		54	0:30
Wechsel S -> R	-	4:29	-	17	3:09	65	3:09	1.40	32:03	22:53	10	0:27	32	2:41
Schwimmen □□□	1.40	32:03	22:53	10	0:27	32	2:41	1.40	32:03	22:53	10	0:27	32	2:41
Rad netto	44.00	1:23:07	1:53	10	11:06	25	11:06	45.40	1:55:10	2:32	9		17	
Wechsel R -> L	-	2:32	-	18	1:23	64	1:41	45.40	1:57:42	2:35	7		2	
Rad □□□	44.00	1:25:39	1:56	11	12:08	27	12:08	45.40	1:57:42	2:35	7		2	
Lauf	10.00	50:09	5:00	15	11:57	49	12:56	55.40	2:47:51	3:01	11	26:32	35	32:06