



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

Behr, Thorsten

□□□: 2:48:02

□□: HSC 08 TriTeam

□□: 314

□□: 55.40 km

□□□□□/□□□: 38 (of 86)

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

□□□□□/□: 37 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 7(of 12)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:27:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:58	19:58	5	2:55	32	7:11	1.40	27:58	19:58	6	2:53	28	0:54
Wechsel S -> R	-	2:22	-	5	0:22	30	1:02	1.40	30:20	21:40	6	3:15	28	0:58
Schwimmen □□□	1.40	30:20	21:40	6	3:15	28	0:58	1.40	30:20	21:40	6	3:15	28	0:58
Rad netto	44.00	1:27:24	1:59	7	12:45	38	15:23	45.40	1:57:44	2:35	6	16:00	18	
Wechsel R -> L	-	1:33	-	5	0:22	30	0:42	45.40	1:59:17	2:37	5	16:22	17	
Rad □□□	44.00	1:28:57	2:01	7	13:07	37	15:26	45.40	1:59:17	2:37	5	16:22	17	
Lauf	10.00	48:45	4:52	7	5:04	41	11:32	55.40	2:48:02	3:01	7	20:07	37	32:17