



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Kersten, Frank

□□□: 2:47:57

□□: SCC Scharmede

□□: 397

□□: 55.40 km

□□□□□/□□□: 37 (of 86)

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

□□□□□/□: 36 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 6(of 12)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:27:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:16	20:54	7	4:13	40	8:29	1.40	29:16	20:54	7	4:11	17	2:12
Wechsel S -> R	-	2:59	-	6	0:59	47	1:39	1.40	32:15	23:02	7	5:10	17	2:53
Schwimmen □□□	1.40	32:15	23:02	7	5:10	17	2:53	1.40	32:15	23:02	7	5:10	17	2:53
Rad netto	44.00	1:30:31	2:03	8	15:52	45	18:30	45.40	2:02:46	2:42	7	21:02	14	3:12
Wechsel R -> L	-	1:30	-	3	0:19	26	0:39	45.40	2:04:16	2:44	12	21:21	68	
Rad □□□	44.00	1:32:01	2:05	8	16:11	44	18:30	45.40	2:04:16	2:44	12	21:21	68	
Lauf	10.00	43:41	4:22	1	-	17	6:28	55.40	2:47:57	3:01	6	20:02	36	32:12