



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

Blomen, Frank

□□□: 2:49:33

□□: Hamminkelner SV

□□: 341

□□: 55.40 km

□□□□□/□□□: 40 (of 86)

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

□□□□□/□: 39 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 9(of 10)

AK4 männlich (35-39 Jahre)

□□□□□□□: 2:15:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	31:17	22:20	10	10:30	52	10:30	1.40	31:17	22:20	9	10:30	8	4:13
Wechsel S -> R	-	2:41	-	9	0:58	41	1:21	1.40	33:58	24:15	9	11:13	15	4:36
Schwimmen □□□	1.40	33:58	24:15	9	11:13	15	4:36	1.40	33:58	24:15	9	11:13	15	4:36
Rad netto	44.00	1:27:55	1:59	9	13:17	40	15:54	45.40	2:01:53	2:41	10	24:30	66	2:19
Wechsel R -> L	-	1:49	-	10	0:43	47	0:58	45.40	2:03:42	2:43	7	25:10	5	
Rad □□□	44.00	1:29:44	2:02	9	13:57	40	16:13	45.40	2:03:42	2:43	7	25:10	5	
Lauf	10.00	45:51	4:35	6	8:38	30	8:38	55.40	2:49:33	3:03	9	33:48	39	33:48