



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

Dürmann, Sven

□□□: 2:51:11

□□: BSG Berufsfeuerwehr Münster

□□: 368

□□: 55.40 km

□□□□□/□□□: 43 (of 86)

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

□□□□□/□: 41 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 14(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 31:45 | 22:40 | 17 | 8:28 | 56 | 10:58 | 1.40 | 31:45 | 22:40 | 8 | 2:43 | 14 | 4:41 |
| Wechsel S -> R | - | 2:57 | - | 13 | 1:37 | 46 | 1:37 | 1.40 | 34:42 | 24:47 | 8 | 3:06 | 14 | 5:20 |
| Schwimmen □□□ | 1.40 | 34:42 | 24:47 | 8 | 3:06 | 14 | 5:20 | 1.40 | 34:42 | 24:47 | 8 | 3:06 | 14 | 5:20 |
| Rad netto | 44.00 | 1:22:48 | 1:52 | 9 | 10:47 | 23 | 10:47 | 45.40 | 1:57:30 | 2:35 | 7 | - | 12 | - |
| Wechsel R -> L | - | 1:42 | - | 14 | 0:33 | 39 | 0:51 | 45.40 | 1:59:12 | 2:37 | 18 | - | 65 | - |
| Rad □□□ | 44.00 | 1:24:30 | 1:55 | 9 | 10:59 | 24 | 10:59 | 45.40 | 1:59:12 | 2:37 | 18 | - | 65 | - |
| Lauf | 10.00 | 51:59 | 5:11 | 17 | 13:47 | 53 | 14:46 | 55.40 | 2:51:11 | 3:05 | 14 | 29:52 | 41 | 35:26 |