



# 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

□□□□

□□□□

□□□

□□□	□□ 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