



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Modro, Harald

□□□: 2:51:09

□□: SV 13 Gladbeck

□□: 345

□□: 55.40 km

□□□□□/□□□: 42 (of 86)

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

□□□□□/□: 40 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 13(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:30	18:55	7	3:13	23	5:43	1.40	26:30	18:55	7		13	
Wechsel S -> R	-	2:19	-	9	0:59	27	0:59	1.40	28:49	20:35	7		13	
Schwimmen □□□	1.40	28:49	20:35	7		13		1.40	28:49	20:35	7		13	
Rad netto	44.00	1:33:20	2:07	17	21:19	50	21:19	45.40	2:02:09	2:41	19	3:38	67	2:35
Wechsel R -> L	-	1:15	-	4	0:06	12	0:24	45.40	2:03:24	2:43	6	2:47	6	
Rad □□□	44.00	1:34:35	2:08	16	21:04	49	21:04	45.40	2:03:24	2:43	6	2:47	6	
Lauf	10.00	47:45	4:46	13	9:33	36	10:32	55.40	2:51:09	3:05	13	29:50	40	35:24