



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Bräuer, Frank

000: 2:55:41

00: TS Bergisch Gladbach 1879 e.V.

00: 323

00: 55.40 km

00000/000: 49 (of 86)

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

00000/0: 44 (of 69)

000000: 2:15:45

0000:

00000: 5(of 10)

Senioren 2 (45-49 Jahre)

0000000: 2:29:49

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	1.40	24:39	17:36	2	3:34	10	3:52	1.40	24:39	17:36	5	3:34	9	
Wechsel S -> R	-	3:58	-	10	1:45	60	2:38	1.40	28:37	20:26	5	5:19	9	
Schwimmen 000	1.40	28:37	20:26	5	5:19	9		1.40	28:37	20:26	5	5:19	9	
Rad netto	44.00	1:29:58	2:02	4	8:44	43	17:57	45.40	1:58:35	2:36	5	14:03	8	
Wechsel R -> L	-	2:02	-	7	0:43	52	1:11	45.40	2:00:37	2:39	5	14:26	9	
Rad 000	44.00	1:32:00	2:05	4	9:07	43	18:29	45.40	2:00:37	2:39	5	14:26	9	
Lauf	10.00	55:04	5:30	6	11:26	60	17:51	55.40	2:55:41	3:10	5	25:52	44	39:56