



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Braune, Sascha

□□□: 2:57:11

□□: Turnverein Betzdorf

□□: 365

□□: 55.40 km

□□□□□/□□□: 51 (of 86)

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

□□□□□/□: 46 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 16(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	32:19	23:05	18	9:02	58	11:32	1.40	32:19	23:05	4	3:17	7	5:15
Wechsel S -> R	-	2:26	-	10	1:06	34	1:06	1.40	34:45	24:49	4	3:09	7	5:23
Schwimmen □□□	1.40	34:45	24:49	4	3:09	7	5:23	1.40	34:45	24:49	4	3:09	7	5:23
Rad netto	44.00	1:29:45	2:02	14	17:44	42	17:44	45.40	2:04:30	2:44	4	5:59	6	4:56
Wechsel R -> L	-	1:33	-	12	0:24	30	0:42	45.40	2:06:03	2:46	19	5:26	69	
Rad □□□	44.00	1:31:18	2:04	14	17:47	42	17:47	45.40	2:06:03	2:46	19	5:26	69	
Lauf	10.00	51:08	5:06	16	12:56	52	13:55	55.40	2:57:11	3:11	16	35:52	46	41:26