



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

Semke, Klaus

□□□: 2:58:58

□□: TS Bergisch Gladbach 1879

□□: 316

□□: 55.40 km

□□□□□/□□□: 54 (of 86)

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

□□□□□/□: 49 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 9(of 12)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:27:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:36	21:08	9	4:33	44	8:49	1.40	29:36	21:08	8	4:31	6	2:32
Wechsel S -> R	-	3:10	-	10	1:10	51	1:50	1.40	32:46	23:24	8	5:41	6	3:24
Schwimmen □□□	1.40	32:46	23:24	8	5:41	6	3:24	1.40	32:46	23:24	8	5:41	6	3:24
Rad netto	44.00	1:30:39	2:03	9	16:00	46	18:38	45.40	2:03:25	2:43	8	21:41	5	3:51
Wechsel R -> L	-	1:57	-	9	0:46	50	1:06	45.40	2:05:22	2:45	6	22:27	11	
Rad □□□	44.00	1:32:36	2:06	9	16:46	48	19:05	45.40	2:05:22	2:45	6	22:27	11	
Lauf	10.00	53:36	5:21	12	9:55	57	16:23	55.40	2:58:58	3:13	9	31:03	49	43:13