



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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**Löbbert, Andreas**

□□□: 2:59:28

□□: LAZ Saarbrücken

□□: 375

□□: 55.40 km

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

□□□□□/□□□: 56 (of 86)

□□□□□/□: 50 (of 69)

□□□□□□: 2:15:45

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 4(of 5)

□□□□□□□: 2:33:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:11	18:42	1	-	19	5:24	1.40	26:11	18:42	4	-	5	
Wechsel S -> R	-	1:50	-	1	-	6	0:30	1.40	28:01	20:00	4	-	5	
Schwimmen □□□	1.40	28:01	20:00	4	-	5		1.40	28:01	20:00	4	-	5	
Rad netto	44.00	1:36:56	2:12	4	16:21	56	24:55	45.40	2:04:57	2:45	5	14:02	69	5:23
Wechsel R -> L	-	1:23	-	2	0:10	19	0:32	45.40	2:06:20	2:46	4	14:01	12	
Rad □□□	44.00	1:38:19	2:14	4	16:20	54	24:48	45.40	2:06:20	2:46	4	14:01	12	
Lauf	10.00	53:08	5:18	4	11:42	55	15:55	55.40	2:59:28	3:14	4	25:43	50	43:43