



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Gau, Eva

□□□: 2:59:02

□□: Team Magic

□□: 351

□□: 55.40 km

□□□□□/□□□: 55 (of 86)

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

□□□□□/□: 6 (of 17)

□□□□□□: 2:47:28

□□□□:

□□□□□: 1(of 3)

AK3 weiblich (30-34 Jahre)

□□□□□□□: 2:59:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	31:19	22:22	2	0:18	9	7:16	1.40	31:19	22:22	1	-	6	5:27
Wechsel S -> R	-	3:16	-	2	0:51	11	1:10	1.40	34:35	24:42	1	-	6	6:12
Schwimmen □□□	1.40	34:35	24:42	1	-	6	6:12	1.40	34:35	24:42	1	-	6	6:12
Rad netto	44.00	1:28:16	2:00	1	-	1	-	45.40	2:02:51	2:42	2	-	14	5:29
Wechsel R -> L	-	2:22	-	2	0:45	14	0:57	45.40	2:05:13	2:45	2	-	15	3:31
Rad □□□	44.00	1:30:38	2:03	1	-	2	0:09	45.40	2:05:13	2:45	2	-	15	3:31
Lauf	10.00	53:49	5:22	2	2:48	11	5:55	55.40	2:59:02	3:13	1	-	6	11:34