



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Montag, Christian

□□□: 3:00:04

□□: SSC Hochdahl

□□: 356

□□: 55.40 km

□□□□□/□□□: 57 (of 86)

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

□□□□□/□: 51 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 18(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	34:55	24:56	19	11:38	62	14:08	1.40	34:55	24:56	3	5:53	3	7:51
Wechsel S -> R	-	4:38	-	18	3:18	66	3:18	1.40	39:33	28:15	3	7:57	3	10:11
Schwimmen □□□	1.40	39:33	28:15	3	7:57	3	10:11	1.40	39:33	28:15	3	7:57	3	10:11
Rad netto	44.00	1:33:23	2:07	18	21:22	51	21:22	45.40	2:12:56	2:55	3	14:25	3	13:22
Wechsel R -> L	-	2:22	-	16	1:13	60	1:31	45.40	2:15:18	2:58	3	14:41	14	1:25
Rad □□□	44.00	1:35:45	2:10	18	22:14	51	22:14	45.40	2:15:18	2:58	3	14:41	14	1:25
Lauf	10.00	44:46	4:28	9	6:34	23	7:33	55.40	3:00:04	3:15	18	38:45	51	44:19