



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Fischer, Alex

□□□: 3:02:00

□□: Herner Triathlon Team 11

□□: 395

□□: 55.40 km

□□□□□/□□□: 60 (of 86)

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

□□□□□/□: 52 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 10(of 12)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:27:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	31:21	22:23	10	6:18	54	10:34	1.40	31:21	22:23	10	6:16	2	4:17
Wechsel S -> R	-	3:07	-	8	1:07	49	1:47	1.40	34:28	24:37	10	7:23	2	5:06
Schwimmen □□□	1.40	34:28	24:37	10	7:23	2	5:06	1.40	34:28	24:37	10	7:23	2	5:06
Rad netto	44.00	1:35:03	2:09	11	20:24	53	23:02	45.40	2:09:31	2:51	10	27:47	2	9:57
Wechsel R -> L	-	2:12	-	10	1:01	56	1:21	45.40	2:11:43	2:54	8	28:48	15	
Rad □□□	44.00	1:37:15	2:12	11	21:25	53	23:44	45.40	2:11:43	2:54	8	28:48	15	
Lauf	10.00	50:17	5:01	11	6:36	50	13:04	55.40	3:02:00	3:17	10	34:05	52	46:15