



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Kaufmann, Mario

□□□: 3:03:09

□□: TV Attendorf TRI-TIME

□□: 376

□□: 55.40 km

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

□□□□□/□□□: 61 (of 86)

□□□□□/□: 53 (of 69)

□□□□□□: 2:15:45

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 6(of 10)

□□□□□□□: 2:29:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:34	21:07	5	8:29	43	8:47	1.40	29:34	21:07	6	8:29	10	2:30
Wechsel S -> R	-	2:38	-	5	0:25	40	1:18	1.40	32:12	23:00	6	8:54	10	2:50
Schwimmen □□□	1.40	32:12	23:00	6	8:54	10	2:50	1.40	32:12	23:00	6	8:54	10	2:50
Rad netto	44.00	1:31:02	2:04	6	9:48	48	19:01	45.40	2:03:14	2:42	10	18:42	68	3:40
Wechsel R -> L	-	1:23	-	2	0:04	19	0:32	45.40	2:04:37	2:44	6	18:26	16	
Rad □□□	44.00	1:32:25	2:06	6	9:32	47	18:54	45.40	2:04:37	2:44	6	18:26	16	
Lauf	10.00	58:32	5:51	9	14:54	66	21:19	55.40	3:03:09	3:18	6	33:20	53	47:24