



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Kaufmann, Mario

000: 3:03:09

00: TV Attendorf TRI-TIME

00: 376

00: 55.40 km

00000/000: 61 (of 86)

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

00000/0: 53 (of 69)

000000: 2:15:45

0000:

00000: 6(of 10)

Senioren 2 (45-49 Jahre)

0000000: 2:29:49

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
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 000	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 000	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