



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Hieronymus, Rembert

□□□: 3:03:32

□□: LAC-Veltins-Hochsauerland

□□: 313

□□: 55.40 km

□□□□□/□□□: 62 (of 86)

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

□□□□□/□: 54 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 11(of 12)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:27:55

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	41:24	29:34	12	16:21	68	20:37	1.40	41:24	29:34	11	16:19	35	14:20
Wechsel S -> R	-	3:43	-	11	1:43	57	2:23	1.40	45:07	32:13	11	18:02	35	15:45
Schwimmen □□□	1.40	45:07	32:13	11	18:02	35	15:45	1.40	45:07	32:13	11	18:02	35	15:45
Rad netto	44.00	1:27:03	1:58	6	12:24	36	15:02	45.40	2:12:10	2:54	11	30:26	10	12:36
Wechsel R -> L	-	1:43	-	6	0:32	42	0:52	45.40	2:13:53	2:56	9	30:58	1	-
Rad □□□	44.00	1:28:46	2:01	6	12:56	36	15:15	45.40	2:13:53	2:56	9	30:58	1	-
Lauf	10.00	49:39	4:57	10	5:58	48	12:26	55.40	3:03:32	3:18	11	35:37	54	47:47