



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

Sander, Conny

□□□: 3:04:03

□□: WSU TriTeam Warendorf

□□: 267

□□: 55.40 km

□□□□□/□□□: 63 (of 86)

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

□□□□□/□: 9 (of 17)

□□□□□□: 2:47:28

□□□□:

□□□□□: 2(of 3)

AK3 weiblich (30-34 Jahre)

□□□□□□□: 2:59:02

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 31:01 | 22:09 | 1 | - | 8 | 6:58 | 1.40 | 31:01 | 22:09 | 2 | | | 9 | 5:09 |
| Wechsel S -> R | - | 2:25 | - | 1 | - | 6 | 0:19 | 1.40 | 33:26 | 23:52 | 2 | | | 9 | 5:03 |
| Schwimmen □□□ | 1.40 | 33:26 | 23:52 | 2 | | 9 | 5:03 | 1.40 | 33:26 | 23:52 | 2 | | | 9 | 5:03 |
| Rad netto | 44.00 | 1:37:59 | 2:13 | 2 | 9:43 | 10 | 9:43 | 45.40 | 2:11:25 | 2:53 | 1 | - | | 6 | 14:03 |
| Wechsel R -> L | - | 1:37 | - | 1 | - | 5 | 0:12 | 45.40 | 2:13:02 | 2:55 | 1 | - | | 6 | 11:20 |
| Rad □□□ | 44.00 | 1:39:36 | 2:15 | 2 | 8:58 | 10 | 9:07 | 45.40 | 2:13:02 | 2:55 | 1 | - | | 6 | 11:20 |
| Lauf | 10.00 | 51:01 | 5:06 | 1 | - | 5 | 3:07 | 55.40 | 3:04:03 | 3:19 | 2 | 5:01 | | 9 | 16:35 |