



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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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