



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Dastis, Ralf-Ulrich

□□□: 3:06:58

□□: Dortmund

□□: 396

□□: 55.40 km

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

□□□□□/□□□: 65 (of 86)

□□□□□/□: 55 (of 69)

□□□□□□: 2:15:45

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 7(of 10)

□□□□□□□: 2:29:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:48	21:17	6	8:43	45	9:01	1.40	29:48	21:17	8	8:43	30	2:44
Wechsel S -> R	-	3:52	-	9	1:39	59	2:32	1.40	33:40	24:02	8	10:22	30	4:18
Schwimmen □□□	1.40	33:40	24:02	8	10:22	30	4:18	1.40	33:40	24:02	8	10:22	30	4:18
Rad netto	44.00	1:36:59	2:12	8	15:45	57	24:58	45.40	2:10:39	2:52	7	26:07	23	11:05
Wechsel R -> L	-	1:26	-	3	0:07	25	0:35	45.40	2:12:05	2:54	8	25:54	22	
Rad □□□	44.00	1:38:25	2:14	7	15:32	57	24:54	45.40	2:12:05	2:54	8	25:54	22	
Lauf	10.00	54:53	5:29	5	11:15	59	17:40	55.40	3:06:58	3:22	7	37:09	55	51:13