



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Schön, Dietmar

000: 3:13:34

00: TVK 1877 Essen

00: 330

00: 55.40 km

00000/000: 76 (of 86)

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

00000/0: 64 (of 69)

000000: 2:15:45

0000:

00000: 4(of 5)

Senioren 4 (55-59 Jahre)

0000000: 2:37:28

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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	31:13	22:17	2	8:44	51	10:26	1.40	31:13	22:17	3	8:44	29	4:09
Wechsel S -> R	-	2:37	-	3	0:34	39	1:17	1.40	33:50	24:10	3	9:01	29	4:28
Schwimmen 000	1.40	33:50	24:10	3	9:01	29	4:28	1.40	33:50	24:10	3	9:01	29	4:28
Rad netto	44.00	1:42:19	2:19	3	18:47	63	30:18	45.40	2:16:09	2:59	3	27:48	24	16:35
Wechsel R -> L	-	1:38	-	1	-	33	0:47	45.40	2:17:47	3:02	3	27:41	23	3:54
Rad 000	44.00	1:43:57	2:21	3	18:40	63	30:26	45.40	2:17:47	3:02	3	27:41	23	3:54
Lauf	10.00	55:47	5:34	4	17:11	62	18:34	55.40	3:13:34	3:29	4	36:06	64	57:49