



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Schön, Dietmar

□□□: 3:13:34

□□: TVK 1877 Essen

□□: 330

□□: 55.40 km

□□□□□/□□□: 76 (of 86)

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

□□□□□/□: 64 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 4(of 5)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:37:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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 □□□	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 □□□	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