



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Riemer, Alexander

□□□: 3:08:52

□□: SSC Hochdahl

□□: 355

□□: 55.40 km

□□□□□/□□□: 71 (of 86)

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

□□□□□/□: 60 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 9(of 10)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:29:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:56	22:05	8	9:51	50	10:09	1.40	30:56	22:05	9	9:51	19	3:52
Wechsel S -> R	-	3:30	-	7	1:17	55	2:10	1.40	34:26	24:35	9	11:08	19	5:04
Schwimmen □□□	1.40	34:26	24:35	9	11:08	19	5:04	1.40	34:26	24:35	9	11:08	19	5:04
Rad netto	44.00	1:35:57	2:10	7	14:43	54	23:56	45.40	2:10:23	2:52	8	25:51	25	10:49
Wechsel R -> L	-	2:28	-	10	1:09	61	1:37	45.40	2:12:51	2:55	9	26:40	24	
Rad □□□	44.00	1:38:25	2:14	8	15:32	56	24:54	45.40	2:12:51	2:55	9	26:40	24	
Lauf	10.00	56:01	5:36	8	12:23	63	18:48	55.40	3:08:52	3:24	9	39:03	60	53:07