



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

0000

König, Volker

000: 3:09:23

00: -

00: 370

00: 55.40 km

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

00000/000: 72 (of 86)

00000/0: 61 (of 69)

000000: 2:15:45

0000:

Senioren 3 (50-54 Jahre)

00000: 12(of 12)

0000000: 2:27:55

0000

0000

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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	36:01	25:43	11	10:58	65	15:14	1.40	36:01	25:43	12	10:56	27	8:57
Wechsel S -> R	-	4:00	-	12	2:00	61	2:40	1.40	40:01	28:35	12	12:56	27	10:39
Schwimmen 000	1.40	40:01	28:35	12	12:56	27	10:39	1.40	40:01	28:35	12	12:56	27	10:39
Rad netto	44.00	1:37:57	2:13	12	23:18	60	25:56	45.40	2:17:58	3:02	12	36:14	26	18:24
Wechsel R -> L	-	2:35	-	12	1:24	65	1:44	45.40	2:20:33	3:05	10	37:38	25	6:40
Rad 000	44.00	1:40:32	2:17	12	24:42	60	27:01	45.40	2:20:33	3:05	10	37:38	25	6:40
Lauf	10.00	48:50	4:53	8	5:09	42	11:37	55.40	3:09:23	3:25	12	41:28	61	53:38