



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Baxter, Ronald

□□□: 3:34:35

□□: 1.sc lippetal

□□: 322

□□: 55.40 km

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

□□□□□/□□□: 81 (of 86)

□□□□□/□: 68 (of 69)

□□□□□□: 2:15:45

□□□□:

Senioren 4 (55-59 Jahre)

□□□□□: 5(of 5)

□□□□□□□: 2:37:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	49:07	35:05	5	26:38	69	28:20	1.40	49:07	35:05	5	26:38	21	22:03
Wechsel S -> R	-	2:03	-	1	-	15	0:43	1.40	51:10	36:32	5	26:21	21	21:48
Schwimmen □□□	1.40	51:10	36:32	5	26:21	21	21:48	1.40	51:10	36:32	5	26:21	21	21:48
Rad netto	44.00	1:44:18	2:22	4	20:46	65	32:17	45.40	2:35:28	3:25	5	47:07	32	35:54
Wechsel R -> L	-	2:00	-	4	0:22	51	1:09	45.40	2:37:28	3:28	5	47:22	31	23:35
Rad □□□	44.00	1:46:18	2:24	4	21:01	65	32:47	45.40	2:37:28	3:28	5	47:22	31	23:35
Lauf	10.00	57:07	5:42	5	18:31	64	19:54	55.40	3:34:35	3:52	5	57:07	68	1:18:50