



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Kern, Alexander

□□□: 3:47:04

□□: onation

□□: 367

□□: 55.40 km

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

□□□□□/□□□: 83 (of 86)

□□□□□/□: 69 (of 69)

□□□□□□: 2:15:45

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 5(of 5)

□□□□□□□: 2:33:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	38:24	27:25	5	12:13	66	17:37	1.40	38:24	27:25	5	10:03	20	11:20
Wechsel S -> R	-	4:47	-	5	2:57	67	3:27	1.40	43:11	30:50	5	12:51	20	13:49
Schwimmen □□□	1.40	43:11	30:50	5	12:51	20	13:49	1.40	43:11	30:50	5	12:51	20	13:49
Rad netto	44.00	2:01:47	2:46	5	41:12	69	49:46	45.40	2:44:58	3:38	4	54:03	33	45:24
Wechsel R -> L	-	3:33	-	5	2:20	68	2:42	45.40	2:48:31	3:42	5	56:12	32	34:38
Rad □□□	44.00	2:05:20	2:50	5	43:21	69	51:49	45.40	2:48:31	3:42	5	56:12	32	34:38
Lauf	10.00	58:33	5:51	5	17:07	67	21:20	55.40	3:47:04	4:05	5	1:13:19	69	1:31:19