



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

Becker, Leon

□□□: 10:02

□□: TV Attendorn

□□: 7

□□: 1.94 km

Kindertriathlon (0,04-1,50-0,40)

□□□□□/□□□: 6 (of 20)

□□□□□/□: 3 (of 11)

□□□□□□: 7:48

□□□□:

männliche Schüler A (12+13 Jahre)

□□□□□: 2(of 5)

□□□□□□□: 7:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.04	1:00	25:00	4	0:13	5	0:13	0.04	1:00	25:00	2	0:13	3	0:13
Wechsel S -> R	-	1:59	-	2	0:39	3	0:39	0.04	2:59	74:34	2	0:52	3	0:52
Schwimmen □□□	0.04	2:59	74:34	2	0:52	3	0:52	0.04	2:59	74:34	2	0:52	3	0:52
Rad netto	1.50	3:34	2:22	4	0:37	6	0:37	1.54	6:33	4:15	2	1:29	3	1:29
Wechsel R -> L	-	0:47	-	2	0:10	2	0:10	1.54	7:20	4:45	2	1:39	3	1:39
Rad □□□	1.50	4:21	2:53	4	0:47	6	0:47	1.54	7:20	4:45	2	1:39	3	1:39
Lauf	0.40	2:42	6:45	4	0:35	7	0:35	1.94	10:02	5:10	2	2:14	3	2:14