



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Fiebig, Konstantin

□□□: 11:11

□□: tri-time / TV Attendorn

□□: 5

□□: 1.94 km

□□□□□/□□□: 14 (of 20)

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

□□□□□/□: 8 (of 11)

□□□□□□: 7:48

□□□□:

□□□□□: 5(of 5)

männliche Schüler A (12+13 Jahre)

□□□□□□□: 7:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.04	1:06	27:30	5	0:19	6	0:19	0.04	1:06	27:30	4	0:19	5	0:19
Wechsel S -> R	-	3:28	-	5	2:08	10	2:08	0.04	4:34	114:09	4	2:27	5	2:27
Schwimmen □□□	0.04	4:34	114:09	4	2:27	5	2:27	0.04	4:34	114:09	4	2:27	5	2:27
Rad netto	1.50	3:32	2:21	3	0:35	5	0:35	1.54	8:06	5:15	4	3:02	5	3:02
Wechsel R -> L	-	0:48	-	3	0:11	3	0:11	1.54	8:54	5:46	4	3:13	5	3:13
Rad □□□	1.50	4:20	2:53	3	0:46	5	0:46	1.54	8:54	5:46	4	3:13	5	3:13
Lauf	0.40	2:17	5:42	2	0:10	2	0:10	1.94	11:11	5:45	5	3:23	8	3:23