



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Reckemeier, Claas

□□□: 2:20:27

□□: ESV Eintracht Hameln

□□: 333

□□: 55.40 km

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

□□□□□/□□□: 2 (of 86)

□□□□□/□: 2 (of 69)

□□□□□□: 2:15:45

□□□□:

Junioren (18+19 Jahre)

□□□□□: 1(of 1)

□□□□□□□: 2:20:27

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	22:29	16:03	1	-	3	1:42	1.40	22:29	16:03	1	-	52	
Wechsel S -> R	-	1:27	-	1	-	2	0:07	1.40	23:56	17:05	1	-	52	
Schwimmen □□□	1.40	23:56	17:05	1	-	52		1.40	23:56	17:05	1	-	52	
Rad netto	44.00	1:16:45	1:44	1	-	6	4:44	45.40	1:40:41	2:13	1	-	51	
Wechsel R -> L	-	0:51	-	1	-	1	-	45.40	1:41:32	2:14	1	-	51	
Rad □□□	44.00	1:17:36	1:45	1	-	6	4:05	45.40	1:41:32	2:14	1	-	51	
Lauf	10.00	38:55	3:53	1	-	5	1:42	55.40	2:20:27	2:32	1	-	2	4:42