



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Reckemeier, Claas

□□□: 2:20:27

□□: ESV Eintracht Hameln

□□: 333

□□: 55.40 km

□□□□□/□□□: 2 (of 86)

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

□□□□□/□: 2 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 1(of 1)

Junioren (18+19 Jahre)

□□□□□□□: 2:20:27

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| 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    |         |