



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Jungesblut, Simon

□□□: 10:54

□□: Olfen

□□: 12

□□: 1.94 km

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

□□□□□/□□□: 12 (of 20)

□□□□□/□: 7 (of 11)

□□□□□□: 7:48

□□□□:

männliche Schüler A (12+13 Jahre)

□□□□□: 4(of 5)

□□□□□□□: 7:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.04	0:58	24:10	2	0:11	3	0:11	0.04	0:58	24:10	5	0:11	6	0:11
Wechsel S -> R	-	2:20	-	3	1:00	7	1:00	0.04	3:18	82:30	5	1:11	6	1:11
Schwimmen □□□	0.04	3:18	82:30	5	1:11	6	1:11	0.04	3:18	82:30	5	1:11	6	1:11
Rad netto	1.50	3:45	2:30	5	0:48	8	0:48	1.54	7:03	4:34	5	1:59	6	1:59
Wechsel R -> L	-	0:52	-	4	0:15	7	0:15	1.54	7:55	5:08	5	2:14	6	2:14
Rad □□□	1.50	4:37	3:04	5	1:03	7	1:03	1.54	7:55	5:08	5	2:14	6	2:14
Lauf	0.40	2:59	7:27	5	0:52	9	0:52	1.94	10:54	5:37	4	3:06	7	3:06