



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Siepe, Volker

□□□: 2:21:19

□□: Hildener AT Triathlon

□□: 315

□□: 55.40 km

□□□□□/□□□: 3 (of 86)

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

□□□□□/□: 3 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 1(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:13	18:43	5	2:56	20	5:26	1.40	26:13	18:43	11	-	51	
Wechsel S -> R	-	1:52	-	3	0:32	8	0:32	1.40	28:05	20:03	11	-	51	
Schwimmen □□□	1.40	28:05	20:03	11		51		1.40	28:05	20:03	11	-	51	
Rad netto	44.00	1:12:01	1:38	1	-	1	-	45.40	1:40:06	2:12	10	-	50	
Wechsel R -> L	-	1:30	-	11	0:21	26	0:39	45.40	1:41:36	2:14	8	-	49	
Rad □□□	44.00	1:13:31	1:40	1	-	1	-	45.40	1:41:36	2:14	8	-	49	
Lauf	10.00	39:43	3:58	3	1:31	7	2:30	55.40	2:21:19	2:33	1	-	3	5:34