



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Siepe, Volker

000: 2:21:19

00: Hildener AT Triathlon

00: 315

00: 55.40 km

00000/000: 3 (of 86)

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

00000/0: 3 (of 69)

000000: 2:15:45

0000:

00000: 1(of 19)

Senioren 1 (40-44 Jahre)

0000000: 2:21:19

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
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 000	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 000	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