



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Gockel, Marc

□□□: 2:32:41

□□: Tritus SV Neptun Neheim-Hüsten

□□: 310

□□: 55.40 km

□□□□□/□□□: 4 (of 87)

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

□□□□□/□: 4 (of 74)

□□□□□□: 2:25:03

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□□□□□: 4(of 22)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:25:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	23:49	17:00	5	8:51	10	8:51	1.40	23:49	17:00	5	8:51	10	8:51
Wechsel S -> R	-	2:55	-	7	0:57	16	0:57	1.40	26:44	19:05	3	2:03	7	2:48
Schwimmen □□□	1.40	26:44	19:05	3	2:03	7	2:48	1.40	26:44	19:05	3	2:03	7	2:48
Rad netto	44.00	1:22:30	1:52	4	2:49	10	1:22:28	45.40	1:49:14	2:24	4	4:29	7	1:23:39
Wechsel R -> L	-	1:55	-	5	0:29	9	0:29	45.40	1:51:09	2:26	4	4:57	4	4:57
Rad □□□	44.00	1:24:25	1:55	4	3:12	5	3:12	45.40	1:51:09	2:26	4	4:57	4	4:57
Lauf	10.00	41:32	4:09	2	2:41	3	2:41	55.40	2:32:41	2:45	4	7:38	4	7:38