



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Wunderlich, Jens

□□□: 2:34:06

□□: LG Interprint

□□: 305

□□: 55.40 km

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

□□□□□/□□□: 5 (of 87)

□□□□□/□: 5 (of 74)

□□□□□□: 2:25:03

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 1(of 7)

□□□□□□□: 2:34:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:35	18:59	4	3:37	24	11:37	1.40	26:35	18:59	4	3:37	24	11:37
Wechsel S -> R	-	3:05	-	3	0:18	22	1:07	1.40	29:40	21:11	4	3:55	16	5:44
Schwimmen □□□	1.40	29:40	21:11	4	3:55	16	5:44	1.40	29:40	21:11	4	3:55	16	5:44
Rad netto	44.00	1:22:27	1:52	2	1:22:23	9	1:22:25	45.40	1:52:07	2:28	3	1:05:54	12	1:26:32
Wechsel R -> L	-	2:26	-	4	0:19	34	1:00	45.40	1:54:33	2:31	2	0:21	9	8:21
Rad □□□	44.00	1:24:53	1:55	1	-	8	3:40	45.40	1:54:33	2:31	2	0:21	9	8:21
Lauf	10.00	39:33	3:57	1	-	2	0:42	55.40	2:34:06	2:46	1	-	5	9:03