



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Haupt, Heinz-Holger

□□□: 2:37:17

□□: Tritus SV Neptun Neheim-Hüsten

□□: 393

□□: 55.40 km

□□□□□/□□□: 7 (of 87)

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

□□□□□/□: 7 (of 74)

□□□□□□: 2:25:03

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□□□□□: 1(of 15)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:37:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	23:24	16:42	1	-	8	8:26	1.40	23:24	16:42	1	-	8	8:26
Wechsel S -> R	-	6:16	-	15	3:47	71	4:18	1.40	29:40	21:11	4	2:30	16	5:44
Schwimmen □□□	1.40	29:40	21:11	4	2:30	16	5:44	1.40	29:40	21:11	4	2:30	16	5:44
Rad netto	44.00	1:20:00	1:49	1	-	6	1:19:58	45.40	1:49:40	2:24	1	-	8	1:24:05
Wechsel R -> L	-	1:59	-	2	0:21	10	0:33	45.40	1:51:39	2:27	1	-	5	5:27
Rad □□□	44.00	1:21:59	1:51	1	-	4	0:46	45.40	1:51:39	2:27	1	-	5	5:27
Lauf	10.00	45:38	4:33	2	0:45	17	6:47	55.40	2:37:17	2:50	1	-	7	12:14