



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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**Fortströer, Volker**

□□□: 2:46:04

□□: FSH - Freie Schwimmer Hannover 1919

□□: 386

□□: 55.40 km

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

□□□□□/□□□: 17 (of 87)

□□□□□/□: 17 (of 74)

□□□□□□: 2:25:03

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 4(of 7)

□□□□□□□: 2:34:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	25:10	17:58	3	2:12	15	10:12	1.40	25:10	17:58	3	2:12	15	10:12
Wechsel S -> R	-	4:09	-	5	1:22	49	2:11	1.40	29:19	20:56	3	3:34	14	5:23
Schwimmen □□□	1.40	29:19	20:56	3	3:34	14	5:23	1.40	29:19	20:56	3	3:34	14	5:23
Rad netto	44.00	1:29:43	2:02	6	1:29:39	29	1:29:41	45.40	1:59:02	2:37	5	1:12:49	24	1:33:27
Wechsel R -> L	-	2:50	-	6	0:43	50	1:24	45.40	2:01:52	2:41	4	7:40	21	15:40
Rad □□□	44.00	1:32:33	2:06	5	7:40	28	11:20	45.40	2:01:52	2:41	4	7:40	21	15:40
Lauf	10.00	44:12	4:25	4	4:39	9	5:21	55.40	2:46:04	2:59	4	11:58	17	21:01