



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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**Prott, Berthold**

□□□: 2:48:00

□□: Triathlon-Team Selm e.V.

□□: 420

□□: 55.40 km

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

□□□□□/□: 22 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 4(of 5)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:40:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:11	20:50	5	2:36	45	14:13	1.40	29:11	20:50	5	2:36	45	14:13
Wechsel S -> R	-	3:08	-	3	0:33	24	1:10	1.40	32:19	23:05	4	2:24	38	8:23
Schwimmen □□□	1.40	32:19	23:05	4	2:24	38	8:23	1.40	32:19	23:05	4	2:24	38	8:23
Rad netto	44.00	1:27:31	1:59	4	5:46	22	1:27:29	45.40	1:59:50	2:38	4	7:21	25	1:34:15
Wechsel R -> L	-	2:10	-	2	0:04	20	0:44	45.40	2:02:00	2:41	4	7:25	22	15:48
Rad □□□	44.00	1:29:41	2:02	4	5:01	19	8:28	45.40	2:02:00	2:41	4	7:25	22	15:48
Lauf	10.00	46:00	4:35	2	0:09	19	7:09	55.40	2:48:00	3:01	4	7:34	22	22:57