



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Haupt, Kai

□□□: 2:53:08

□□: Tri Team Hagen

□□: 311

□□: 55.40 km

□□□□□/□□□: 31 (of 87)

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

□□□□□/□: 31 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 8(of 22)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:25:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:52	19:54	12	12:54	36	12:54	1.40	27:52	19:54	12	12:54	36	12:54	
Wechsel S -> R	-	2:54	-	6	0:56	15	0:56	1.40	30:46	21:58	8	6:05	28	6:50	
Schwimmen □□□	1.40	30:46	21:58	8	6:05	28	6:50	1.40	30:46	21:58	8	6:05	28	6:50	
Rad netto	44.00	1:32:38	2:06	9	12:57	43	1:32:36	45.40	2:03:24	2:43	7	18:39	40	1:37:49	
Wechsel R -> L	-	2:14	-	9	0:48	25	0:48	45.40	2:05:38	2:46	7	19:26	35	19:26	
Rad □□□	44.00	1:34:52	2:09	9	13:39	38	13:39	45.40	2:05:38	2:46	7	19:26	35	19:26	
Lauf	10.00	47:30	4:45	7	8:39	27	8:39	55.40	2:53:08	3:07	8	28:05	31	28:05	