



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

0000

Keiper, Matthias

000: 2:56:31

00: TV Flerke Tri Team

00: 344

00: 55.40 km

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

0000:

Senioren 3 (50-54 Jahre)

00000/000: 36 (of 87)

00000/0: 36 (of 74)

000000: 2:25:03

00000: 8(of 15)

0000000: 2:37:17

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0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.40	28:18	20:12	8	4:54	40	13:20	1.40	28:18	20:12	8	4:54	40	13:20
Wechsel S -> R	-	4:12	-	8	1:43	51	2:14	1.40	32:30	23:12	8	5:20	40	8:34
Schwimmen 000	1.40	32:30	23:12	8	5:20	40	8:34	1.40	32:30	23:12	8	5:20	40	8:34
Rad netto	44.00	1:30:51	2:03	8	10:51	38	1:30:49	45.40	2:03:21	2:43	8	13:41	39	1:37:46
Wechsel R -> L	-	2:28	-	8	0:50	38	1:02	45.40	2:05:49	2:46	8	14:10	37	19:37
Rad 000	44.00	1:33:19	2:07	8	11:20	35	12:06	45.40	2:05:49	2:46	8	14:10	37	19:37
Lauf	10.00	50:42	5:04	8	5:49	41	11:51	55.40	2:56:31	3:11	8	19:14	36	31:28