



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Sattler, Carsten

□□□: 2:57:09

□□: Tritus SV Neptun Neheim

□□: 316

□□: 55.40 km

□□□□□/□□□: 37 (of 87)

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

□□□□□/□: 37 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 9(of 22)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:25:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:17	18:46	7	11:19	19	11:19	1.40	26:17	18:46	7	11:19	19	11:19
Wechsel S -> R	-	3:38	-	12	1:40	34	1:40	1.40	29:55	21:22	7	5:14	18	5:59
Schwimmen □□□	1.40	29:55	21:22	7	5:14	18	5:59	1.40	29:55	21:22	7	5:14	18	5:59
Rad netto	44.00	1:35:40	2:10	15	15:59	54	1:35:38	45.40	2:05:35	2:45	11	20:50	45	1:40:00
Wechsel R -> L	-	2:27	-	11	1:01	37	1:01	45.40	2:08:02	2:49	12	21:50	43	21:50
Rad □□□	44.00	1:38:07	2:13	15	16:54	51	16:54	45.40	2:08:02	2:49	12	21:50	43	21:50
Lauf	10.00	49:07	4:54	11	10:16	36	10:16	55.40	2:57:09	3:11	9	32:06	37	32:06