



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Wimpelberg, Markus

000: 2:58:40

00: Team Erdinger Alkoholfrei

00: 366

00: 55.40 km

00000/000: 39 (of 87)

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

00000/0: 39 (of 74)

000000: 2:25:03

0000:

00000: 10(of 22)

Senioren 2 (45-49 Jahre)

0000000: 2:25:03

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.40	28:13	20:09	14	13:15	39	13:15	1.40	28:13	20:09	14	13:15	39	13:15	
Wechsel S -> R	-	4:03	-	17	2:05	44	2:05	1.40	32:16	23:02	13	7:35	37	8:20	
Schwimmen 000	1.40	32:16	23:02	13	7:35	37	8:20	1.40	32:16	23:02	13	7:35	37	8:20	
Rad netto	44.00	1:35:11	2:09	14	15:30	52	1:35:09	45.40	2:07:27	2:48	13	22:42	48	1:41:52	
Wechsel R -> L	-	2:54	-	16	1:28	56	1:28	45.40	2:10:21	2:52	14	24:09	46	24:09	
Rad 000	44.00	1:38:05	2:13	14	16:52	50	16:52	45.40	2:10:21	2:52	14	24:09	46	24:09	
Lauf	10.00	48:19	4:49	10	9:28	33	9:28	55.40	2:58:40	3:13	10	33:37	39	33:37	