



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Heimbach, Matthias

□□□: 3:04:51

□□: Hildener AT

□□: 391

□□: 55.40 km

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

□□□□□/□□□: 50 (of 87)

□□□□□/□: 47 (of 74)

□□□□□□: 2:25:03

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 13(of 22)

□□□□□□□: 2:25:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:23	19:33	9	12:25	29	12:25	1.40	27:23	19:33	9	12:25	29	12:25
Wechsel S -> R	-	4:00	-	14	2:02	41	2:02	1.40	31:23	22:25	10	6:42	33	7:27
Schwimmen □□□	1.40	31:23	22:25	10	6:42	33	7:27	1.40	31:23	22:25	10	6:42	33	7:27
Rad netto	44.00	1:36:06	2:11	17	16:25	56	1:36:04	45.40	2:07:29	2:48	14	22:44	49	1:41:54
Wechsel R -> L	-	2:49	-	14	1:23	49	1:23	45.40	2:10:18	2:52	13	24:06	45	24:06
Rad □□□	44.00	1:38:55	2:14	16	17:42	52	17:42	45.40	2:10:18	2:52	13	24:06	45	24:06
Lauf	10.00	54:33	5:27	14	15:42	52	15:42	55.40	3:04:51	3:20	13	39:48	47	39:48