



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Behr, Thorsten

□□□: 2:53:22

□□: HSC Tri Team Hamm

□□: 374

□□: 55.40 km

□□□□□/□□□: 32 (of 87)

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

□□□□□/□: 32 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 7(of 15)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:37:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:34	18:58	6	3:10	23	11:36	1.40	26:34	18:58	6	3:10	23	11:36
Wechsel S -> R	-	3:23	-	5	0:54	28	1:25	1.40	29:57	21:23	5	2:47	20	6:01
Schwimmen □□□	1.40	29:57	21:23	5	2:47	20	6:01	1.40	29:57	21:23	5	2:47	20	6:01
Rad netto	44.00	1:30:15	2:03	6	10:15	35	1:30:13	45.40	2:00:12	2:38	5	10:32	27	1:34:37
Wechsel R -> L	-	2:21	-	6	0:43	31	0:55	45.40	2:02:33	2:41	5	10:54	25	16:21
Rad □□□	44.00	1:32:36	2:06	6	10:37	29	11:23	45.40	2:02:33	2:41	5	10:54	25	16:21
Lauf	10.00	50:49	5:04	9	5:56	42	11:58	55.40	2:53:22	3:07	7	16:05	32	28:19