



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Thinay, Dominik

□□□: 3:06:47

□□: TSV Korbach 1850/09 e.V.

□□: 419

□□: 55.40 km

□□□□□/□□□: 56 (of 87)

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

□□□□□/□: 53 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 5(of 5)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:40:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:02	20:01	4	1:27	38	13:04	1.40	28:02	20:01	4	1:27	38	13:04
Wechsel S -> R	-	4:47	-	5	2:12	60	2:49	1.40	32:49	23:26	5	2:54	43	8:53
Schwimmen □□□	1.40	32:49	23:26	5	2:54	43	8:53	1.40	32:49	23:26	5	2:54	43	8:53
Rad netto	44.00	1:28:52	2:01	5	7:07	26	1:28:50	45.40	2:01:41	2:40	5	9:12	34	1:36:06
Wechsel R -> L	-	3:54	-	5	1:48	67	2:28	45.40	2:05:35	2:45	5	11:00	34	19:23
Rad □□□	44.00	1:32:46	2:06	5	8:06	31	11:33	45.40	2:05:35	2:45	5	11:00	34	19:23
Lauf	10.00	1:01:12	6:07	5	15:21	67	22:21	55.40	3:06:47	3:22	5	26:21	53	41:44