



8. ITH Hennessee Triathlon

Meschede / 13.06.2015

Wrede, Oliver

Wrede, Oliver

Wrede, Oliver

Wrede, Oliver

Wrede, Oliver

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

Wrede, Oliver

AK2 männlich (25-29 Jahre)

Wrede, Oliver

Wrede, Oliver

Wrede, Oliver

Wrede, Oliver

Wrede, Oliver

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Wrede, Oliver	km	min	min/km	-	-	km	min	km	min	min/km	-	-	km	min
Schwimmen nett	1.40	33:29	23:55	6	12:17	66	18:31	1.40	33:29	23:55	6	12:17	66	18:31
Wechsel S -> R	-	3:01	-	4	0:47	19	1:03	1.40	36:30	26:04	6	12:34	63	12:34
Schwimmen	1.40	36:30	26:04	6	12:34	63	12:34	1.40	36:30	26:04	6	12:34	63	12:34
Rad netto	44.00	1:39:19	2:15	6	1:38:07	65	1:39:17	45.40	2:15:49	2:59	6	1:50:14	65	1:50:14
Wechsel R -> L	-	2:26	-	4	0:45	34	1:00	45.40	2:18:15	3:02	5	26:36	60	32:03
Rad	44.00	1:41:45	2:18	5	14:07	61	20:32	45.40	2:18:15	3:02	5	26:36	60	32:03
Lauf	10.00	49:34	4:57	4	4:37	38	10:43	55.40	3:07:49	3:23	5	31:13	54	42:46