



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Gerdes, Jens

□□□: 3:14:22

□□: Tri-As Hamm

□□: 347

□□: 55.40 km

□□□□□/□□□: 68 (of 87)

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

□□□□□/□: 61 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 4(of 5)

AK3 männlich (30-34 Jahre)

□□□□□□□: 2:47:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	25:48	18:25	1	-	16	10:50	1.40	25:48	18:25	1	-	16	10:50
Wechsel S -> R	-	5:17	-	5	1:25	66	3:19	1.40	31:05	22:12	1	-	31	7:09
Schwimmen □□□	1.40	31:05	22:12	1	-	31	7:09	1.40	31:05	22:12	1	-	31	7:09
Rad netto	44.00	1:44:12	2:22	4	18:17	68	1:44:10	45.40	2:15:17	2:58	4	14:57	62	1:49:42
Wechsel R -> L	-	2:44	-	4	0:33	46	1:18	45.40	2:18:01	3:02	4	15:30	59	31:49
Rad □□□	44.00	1:46:56	2:25	5	18:50	66	25:43	45.40	2:18:01	3:02	4	15:30	59	31:49
Lauf	10.00	56:21	5:38	5	10:53	60	17:30	55.40	3:14:22	3:30	4	26:23	61	49:19