



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Riemer, Alexander

□□□: 3:19:09

□□: TSV Hochdahl

□□: 389

□□: 55.40 km

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

□□□□□/□□□: 74 (of 87)

□□□□□/□: 65 (of 74)

□□□□□□: 2:25:03

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 14(of 15)

□□□□□□□: 2:37:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:53	21:20	11	6:29	50	14:55	1.40	29:53	21:20	11	6:29	50	14:55
Wechsel S -> R	-	5:26	-	13	2:57	68	3:28	1.40	35:19	25:13	12	8:09	58	11:23
Schwimmen □□□	1.40	35:19	25:13	12	8:09	58	11:23	1.40	35:19	25:13	12	8:09	58	11:23
Rad netto	44.00	1:40:22	2:16	13	20:22	66	1:40:20	45.40	2:15:41	2:59	13	26:01	64	1:50:06
Wechsel R -> L	-	4:38	-	15	3:00	69	3:12	45.40	2:20:19	3:05	13	28:40	64	34:07
Rad □□□	44.00	1:45:00	2:23	14	23:01	64	23:47	45.40	2:20:19	3:05	13	28:40	64	34:07
Lauf	10.00	58:50	5:53	14	13:57	63	19:59	55.40	3:19:09	3:35	14	41:52	65	54:06