



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Sperlich, Karsten

□□□: 2:52:40

□□: HSC TRI Team Hamm

□□: 314

□□: 55.40 km

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

□□□□□/□: 29 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 7(of 22)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:25:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:56	21:22	16	14:58	53	14:58	1.40	29:56	21:22	16	14:58	53	14:58
Wechsel S -> R	-	4:29	-	18	2:31	56	2:31	1.40	34:25	24:34	15	9:44	53	10:29
Schwimmen □□□	1.40	34:25	24:34	15	9:44	53	10:29	1.40	34:25	24:34	15	9:44	53	10:29
Rad netto	44.00	1:29:50	2:02	7	10:09	30	1:29:48	45.40	2:04:15	2:44	9	19:30	43	1:38:40
Wechsel R -> L	-	2:06	-	6	0:40	13	0:40	45.40	2:06:21	2:46	8	20:09	39	20:09
Rad □□□	44.00	1:31:56	2:05	7	10:43	26	10:43	45.40	2:06:21	2:46	8	20:09	39	20:09
Lauf	10.00	46:19	4:37	6	7:28	21	7:28	55.40	2:52:40	3:07	7	27:37	29	27:37