



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Lucashen, Marcus

□□□: 3:22:28

□□: Jobware.de

□□: 333

□□: 55.40 km

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

□□□□□/□□□: 77 (of 87)

□□□□□/□: 67 (of 74)

□□□□□□: 2:25:03

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 21(of 22)

□□□□□□□: 2:25:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	35:18	25:12	21	20:20	69	20:20	1.40	35:18	25:12	21	20:20	69	20:20
Wechsel S -> R	-	4:00	-	14	2:02	41	2:02	1.40	39:18	28:04	20	14:37	68	15:22
Schwimmen □□□	1.40	39:18	28:04	20	14:37	68	15:22	1.40	39:18	28:04	20	14:37	68	15:22
Rad netto	44.00	1:36:12	2:11	18	16:31	57	1:36:10	45.40	2:15:30	2:59	19	30:45	63	1:49:55
Wechsel R -> L	-	3:20	-	19	1:54	63	1:54	45.40	2:18:50	3:03	20	32:38	62	32:38
Rad □□□	44.00	1:39:32	2:15	17	18:19	53	18:19	45.40	2:18:50	3:03	20	32:38	62	32:38
Lauf	10.00	1:03:38	6:21	21	24:47	69	24:47	55.40	3:22:28	3:39	21	57:25	67	57:25