



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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## Reinker, Jürgen

□□: LC Wiedenbrück

□□: 137

□□: 25.70 km

Volksdistanz (0,70-20,00-5,00)

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□/□□□: DNF (of 113)

□□□□□/□: DNF (of 87)

□□□□□□: 1:03:55

□□□□□: DNF(of 15)

□□□□□□□: 1:10:04

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.70     | 15:35    | 22:15        | 8       | 3:53    | 42      | 6:17    | 0.70  | 15:35     | 22:15     | 8             | 3:53    | 42      | 6:17    |         |
| Wechsel S -> R | -        | fehlt!   | -            | -       | -       | -       | -       | 0.70  | -         | -         | -             | -       | -       | -       |         |
| Schwimmen □□□  | 0.70     |          | -            | -       |         |         |         | 0.70  |           | -         | -             |         |         |         |         |
| Rad netto      | 20.00    | 1:53:06  | 5:39         | 15      | 1:18:47 | 87      | 1:19:19 | 20.70 | 2:08:41   | 6:12      | 16            | 1:19:27 | 88      | 1:23:57 |         |
| Wechsel R -> L | -        | fehlt!   | -            | -       | -       | -       | -       | 20.70 | -         | -         | -             | -       | -       | -       |         |
| Rad □□□        | 20.00    |          | -            | -       |         |         |         | 20.70 |           | -         | -             |         |         |         |         |
| Lauf           | 5.00     | fehlt!   | -            | -       | -       | -       | -       | 25.70 | -         | -         | -             | -       | -       | -       |         |