



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Kluth, Thomas

□□□: 1:24:45

□□: Hammer SC 08

□□: 100

□□: 25.70 km

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

□□□□□/□□□: 42 (of 113)

□□□□□/□: 36 (of 87)

□□□□□□: 1:03:55

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 3(of 7)

□□□□□□□: 1:13:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	17:09	24:30	7	5:38	59	7:51	0.70	17:09	24:30	7	5:38	59	7:51
Wechsel S -> R	-	2:42	-	3	0:57	28	1:09	0.70	19:51	28:21	5	6:07	51	8:55
Schwimmen □□□	0.70	19:51	28:21	5	6:07	51	8:55	0.70	19:51	28:21	5	6:07	51	8:55
Rad netto	20.00	41:06	2:03	4	4:56	40	7:19	20.70	1:00:57	2:56	5	10:11	42	16:13
Wechsel R -> L	-	1:49	-	3	0:23	39	0:46	20.70	1:02:46	3:01	4	10:34	40	16:51
Rad □□□	20.00	42:55	2:08	3	4:59	38	7:57	20.70	1:02:46	3:01	4	10:34	40	16:51
Lauf	5.00	21:59	4:23	3	0:28	27	4:31	25.70	1:24:45	3:17	3	11:02	36	20:50