



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Maul, Christian

□□□: 2:25:03

□□: Ejot Team TV Buschhütten

□□: 363

□□: 55.40 km

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

□□□□□/□□□: 1 (of 87)

□□□□□/□: 1 (of 74)

□□□□□□: 2:25:03

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 1(of 22)

□□□□□□□: 2:25:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	23:01	16:26	3	8:03	7	8:03	1.40	23:01	16:26	3	8:03	7	8:03
Wechsel S -> R	-	1:58	-	1	-	1	-	1.40	24:59	17:50	2	0:18	5	1:03
Schwimmen □□□	1.40	24:59	17:50	2	0:18	5	1:03	1.40	24:59	17:50	2	0:18	5	1:03
Rad netto	44.00	1:19:47	1:48	2	0:06	5	1:19:45	45.40	1:44:46	2:18	2	0:01	5	1:19:11
Wechsel R -> L	-	1:26	-	1	-	1	-	45.40	1:46:12	2:20	1	-	1	-
Rad □□□	44.00	1:21:13	1:50	1	-	1	-	45.40	1:46:12	2:20	1	-	1	-
Lauf	10.00	38:51	3:53	1	-	1	-	55.40	2:25:03	2:37	1	-	1	-