



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Kapka, Andreas

□□□: 1:25:35

□□: PV Triathlon Witten

□□: 234

□□: 25.70 km

□□□□□/□□□: 44 (of 113)

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

□□□□□/□: 38 (of 87)

□□□□□□: 1:03:55

□□□□:

□□□□□: 1(of 4)

Senioren 4 (55-59 Jahre)

□□□□□□□: 1:25:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	18:12	26:00	3	3:08	67	8:54	0.70	18:12	26:00	3	3:08	67	8:54	
Wechsel S -> R	-	2:29	-	1	-	23	0:56	0.70	20:41	29:32	2	2:39	55	9:45	
Schwimmen □□□	0.70	20:41	29:32	2	2:39	55	9:45	0.70	20:41	29:32	2	2:39	55	9:45	
Rad netto	20.00	40:35	2:01	1	-	34	6:48	20.70	1:01:16	2:57	1	-	43	16:32	
Wechsel R -> L	-	1:45	-	2	0:16	35	0:42	20.70	1:03:01	3:02	1	-	42	17:06	
Rad □□□	20.00	42:20	2:07	1	-	35	7:22	20.70	1:03:01	3:02	1	-	42	17:06	
Lauf	5.00	22:34	4:30	1	-	39	5:06	25.70	1:25:35	3:19	1	-	38	21:40	