



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Kurten, Elmar

□□□: 1:25:52

□□: Wasserfreunde Finnentrop

□□: 142

□□: 25.70 km

□□□□□/□□□: 48 (of 113)

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

□□□□□/□: 42 (of 87)

□□□□□□: 1:03:55

□□□□:

□□□□□: 8(of 15)

Senioren 3 (50-54 Jahre)

□□□□□□□: 1:10:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	14:42	21:00	5	3:00	31	5:24	0.70	14:42	21:00	5	3:00	31	5:24
Wechsel S -> R	-	2:43	-	3	0:29	31	1:10	0.70	17:25	24:52	5	3:01	29	6:29
Schwimmen □□□	0.70	17:25	24:52	5	3:01	29	6:29	0.70	17:25	24:52	5	3:01	29	6:29
Rad netto	20.00	43:59	2:11	10	9:40	53	10:12	20.70	1:01:24	2:57	9	12:10	44	16:40
Wechsel R -> L	-	2:05	-	7	0:42	54	1:02	20.70	1:03:29	3:04	9	12:52	45	17:34
Rad □□□	20.00	46:04	2:18	10	10:22	53	11:06	20.70	1:03:29	3:04	9	12:52	45	17:34
Lauf	5.00	22:23	4:28	4	2:56	34	4:55	25.70	1:25:52	3:20	8	15:48	42	21:57