



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Funke, Thorsten

□□□: 2:28:05

□□: WSV Kassel

□□: 368

□□: 55.40 km

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

□□□□□/□□□: 2 (of 87)

□□□□□/□: 2 (of 74)

□□□□□□: 2:25:03

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 2(of 22)

□□□□□□□: 2:25:03

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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 | 1.40     | 22:22    | 15:58        | 2       | 7:24    | 5       | 7:24    | 1.40  | 22:22     | 15:58     | 2             | 7:24    | 5       | 7:24    |         |
| Wechsel S -> R | -        | 2:19     | -            | 3       | 0:21    | 4       | 0:21    | 1.40  | 24:41     | 17:37     | 1             | -       | 4       | 0:45    |         |
| Schwimmen □□□  | 1.40     | 24:41    | 17:37        | 1       | -       | 4       | 0:45    | 1.40  | 24:41     | 17:37     | 1             | -       | 4       | 0:45    |         |
| Rad netto      | 44.00    | 1:20:04  | 1:49         | 3       | 0:23    | 7       | 1:20:02 | 45.40 | 1:44:45   | 2:18      | 1             | -       | 4       | 1:19:10 |         |
| Wechsel R -> L | -        | 1:38     | -            | 2       | 0:12    | 2       | 0:12    | 45.40 | 1:46:23   | 2:20      | 2             | 0:11    | 2       | 0:11    |         |
| Rad □□□        | 44.00    | 1:21:42  | 1:51         | 3       | 0:29    | 3       | 0:29    | 45.40 | 1:46:23   | 2:20      | 2             | 0:11    | 2       | 0:11    |         |
| Lauf           | 10.00    | 41:42    | 4:10         | 3       | 2:51    | 4       | 2:51    | 55.40 | 2:28:05   | 2:40      | 2             | 3:02    | 2       | 3:02    |         |