



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Heppe, Udo

□□□: 1:28:45

□□: Tri-Cops Warstein

□□: 171

□□: 25.70 km

□□□□□/□□□: 59 (of 113)

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

□□□□□/□: 48 (of 87)

□□□□□□: 1:03:55

□□□□:

□□□□□: 10(of 15)

Senioren 3 (50-54 Jahre)

□□□□□□□: 1:10:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	15:37	22:18	9	3:55	43	6:19	0.70	15:37	22:18	9	3:55	43	6:19
Wechsel S -> R	-	2:54	-	5	0:40	39	1:21	0.70	18:31	26:27	7	4:07	40	7:35
Schwimmen □□□	0.70	18:31	26:27	7	4:07	40	7:35	0.70	18:31	26:27	7	4:07	40	7:35
Rad netto	20.00	42:57	2:08	9	8:38	49	9:10	20.70	1:01:28	2:58	10	12:14	45	16:44
Wechsel R -> L	-	2:05	-	7	0:42	54	1:02	20.70	1:03:33	3:04	10	12:56	46	17:38
Rad □□□	20.00	45:02	2:15	8	9:20	51	10:04	20.70	1:03:33	3:04	10	12:56	46	17:38
Lauf	5.00	25:12	5:02	11	5:45	63	7:44	25.70	1:28:45	3:27	10	18:41	48	24:50