



30. stz-Werratal-Triathlon
 Naherholungszentrum Immelborn / 26.07.2015

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Quendt, Wolfgang

□□□: 2:41:20

□□: TV Obersuhl

□□: 62

□□: 55.50 km

Olympische Distanz 1,5-44-10.00

□□□□□/□□□: 33 (of 67)

□□□□□/□: 31 (of 51)

□□□□□□: 2:12:20

□□□□:

TM 60-64, Senioren 5

□□□□□: 1(of 1)

□□□□□□□: 2:41:20

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.50 | 34:07 | 22:44 | 1 | - | 42 | 12:24 | 1.50 | 34:07 | 22:44 | 1 | - | 42 | 12:24 |
| Wechsel S -> R | 0.05 | 1:27 | 28:59 | 1 | - | 34 | 0:54 | 1.55 | 35:34 | 22:56 | 1 | - | 42 | 13:11 |
| Schwimmen □□□ | 1.55 | 35:34 | 22:56 | 1 | - | 42 | 13:11 | 1.55 | 35:34 | 22:56 | 1 | - | 42 | 13:11 |
| Rad netto | 44.00 | 1:21:17 | 1:50 | 1 | - | 30 | 12:13 | 45.55 | 1:56:51 | 2:33 | 1 | - | 31 | 22:58 |
| Wechsel R -> L | 0.05 | 1:08 | 22:39 | 1 | - | 32 | 0:34 | 45.60 | 1:57:59 | 2:35 | 1 | - | 31 | 23:31 |
| Rad □□□ | 44.05 | 1:22:25 | 1:52 | 1 | - | 31 | 12:33 | 45.60 | 1:57:59 | 2:35 | 1 | - | 31 | 23:31 |
| Lauf | 9.90 | 43:21 | 4:22 | 1 | - | 22 | 7:07 | 55.50 | 2:41:20 | 2:54 | 1 | - | 31 | 29:00 |