



# 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	□□ -	□□ -	□□ □	□□ □	□□□	□□□ 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	