



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Heilemann, Lukas

□□□: 2:50:12

□□: 1. Tri-Club Paderborn

□□: 305

□□: 55.40 km

□□□□□/□□□: 16 (of 59)

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

□□□□□/□: 14 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 1(of 1)

AK1 männlich (20-24 Jahre)

□□□□□□□: 2:50:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:30	19:38	1	-	13	5:06	1.40	27:30	19:38	1	-	13	5:06	
Wechsel S -> R	-	3:35	-	1	-	17	1:43	1.40	31:05	22:12	1	-	14	6:26	
Schwimmen □□□	1.40	31:05	22:12	1	-	14	6:26	1.40	31:05	22:12	1	-	14	6:26	
Rad netto	44.00	1:33:05	2:06	1	-	28	20:02	45.40	2:04:10	2:44	1	-	20	25:23	
Wechsel R -> L	-	2:50	-	1	-	29	1:17	45.40	2:07:00	2:47	1	-	20	1:36:10	
Rad □□□	44.00	1:35:55	2:10	1	-	25	21:19	45.40	2:07:00	2:47	1	-	20	1:36:10	
Lauf	10.00	43:12	4:19	1	-	7	2:29	55.40	2:50:12	3:04	1	-	14	27:50	