



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Kiefer, Markus

□□□: 2:56:09

□□: Soester Tri Team

□□: 349

□□: 55.40 km

□□□□□/□□□: 24 (of 59)

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

□□□□□/□: 21 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 3(of 6)

AK4 männlich (35-39 Jahre)

□□□□□□□: 2:50:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:23	21:42	4	3:29	27	7:59	1.40	30:23	21:42	4	3:29	27	7:59
Wechsel S -> R	-	4:03	-	4	0:37	27	2:11	1.40	34:26	24:35	4	4:06	27	9:47
Schwimmen □□□	1.40	34:26	24:35	4	4:06	27	9:47	1.40	34:26	24:35	4	4:06	27	9:47
Rad netto	44.00	1:29:40	2:02	1	-	17	16:37	45.40	2:04:06	2:44	3	3:18	19	25:19
Wechsel R -> L	-	2:41	-	4	0:36	21	1:08	45.40	2:06:47	2:47	3	3:54	19	1:35:57
Rad □□□	44.00	1:32:21	2:05	1	-	17	17:45	45.40	2:06:47	2:47	3	3:54	19	1:35:57
Lauf	10.00	49:22	4:56	3	3:12	24	8:39	55.40	2:56:09	3:10	3	5:32	21	33:47