



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Trioten 2

□□□: 1:29:02

□□: Trioten 2

□□: 54

□□: 25.70 km

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

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□□□□□□: 1:03:17

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□□□□□: 16(of 24)

Staffel

□□□□□□□: 1:03:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	13:58	19:57	10	4:19	10	4:19	0.70	13:58	19:57	9		9	
Wechsel S -> R	-	3:39	-	23	2:30	23	2:30	0.70	17:37	25:10	9		9	
Schwimmen □□□	0.70	17:37	25:10	9		9		0.70	17:37	25:10	9		9	
Rad netto	20.00	45:30	2:16	15	12:18	15	12:18	20.70	1:03:07	3:02	9	4:20	9	4:20
Wechsel R -> L	-	1:07	-	22	0:28	22	0:28	20.70	1:04:14	3:06	9	4:34	9	4:34
Rad □□□	20.00	46:37	2:19	15	12:42	15	12:42	20.70	1:04:14	3:06	9	4:34	9	4:34
Lauf	5.00	24:48	4:57	19	7:15	19	7:15	25.70	1:29:02	3:27	16	25:45	16	25:45