



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Gerling, Martin

□□□: 2:31:16

□□: RC Sorpesee

□□: 306

□□: 55.40 km

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

□□□□□/□□□: 12 (of 86)

□□□□□/□: 12 (of 69)

□□□□□□: 2:15:45

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 3(of 10)

□□□□□□□: 2:15:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	22:52	16:20	2	2:05	5	2:05	1.40	22:52	16:20	3	2:05	42	
Wechsel S -> R	-	1:53	-	2	0:10	9	0:33	1.40	24:45	17:40	3	2:00	42	
Schwimmen □□□	1.40	24:45	17:40	3	2:00	42		1.40	24:45	17:40	3	2:00	42	
Rad netto	44.00	1:20:29	1:49	4	5:51	15	8:28	45.40	1:45:14	2:19	3	7:51	41	
Wechsel R -> L	-	1:20	-	4	0:14	17	0:29	45.40	1:46:34	2:20	3	8:02	41	
Rad □□□	44.00	1:21:49	1:51	4	6:02	14	8:18	45.40	1:46:34	2:20	3	8:02	41	
Lauf	10.00	44:42	4:28	4	7:29	20	7:29	55.40	2:31:16	2:43	3	15:31	12	15:31