



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

Siekmann, Sascha

□□□: 2:32:07

□□: Iserlohner Tri Team

□□: 359

□□: 55.40 km

□□□□□/□□□: 13 (of 86)

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

□□□□□/□: 13 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 5(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 24:24 | 17:25 | 3 | 1:07 | 9 | 3:37 | 1.40 | 24:24 | 17:25 | 16 | | 41 | |
| Wechsel S -> R | - | 2:14 | - | 7 | 0:54 | 23 | 0:54 | 1.40 | 26:38 | 19:01 | 16 | | 41 | |
| Schwimmen □□□ | 1.40 | 26:38 | 19:01 | 16 | | 41 | | 1.40 | 26:38 | 19:01 | 16 | | 41 | |
| Rad netto | 44.00 | 1:22:02 | 1:51 | 6 | 10:01 | 19 | 10:01 | 45.40 | 1:48:40 | 2:23 | 15 | | 40 | |
| Wechsel R -> L | - | 1:17 | - | 5 | 0:08 | 13 | 0:26 | 45.40 | 1:49:57 | 2:25 | 13 | | 40 | |
| Rad □□□ | 44.00 | 1:23:19 | 1:53 | 6 | 9:48 | 19 | 9:48 | 45.40 | 1:49:57 | 2:25 | 13 | | 40 | |
| Lauf | 10.00 | 42:10 | 4:13 | 6 | 3:58 | 12 | 4:57 | 55.40 | 2:32:07 | 2:44 | 5 | 10:48 | 13 | 16:22 |