



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Wüster, Bernd

□□□: 2:37:28

□□: Tri Power Rhein-Sieg

□□: 335

□□: 55.40 km

□□□□□/□□□: 21 (of 86)

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

□□□□□/□: 21 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 1(of 5)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:37:28

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 22:29 | 16:03 | 1 | - | 3 | 1:42 | 1.40 | 22:29 | 16:03 | 1 | - | 52 | | |
| Wechsel S -> R | - | 2:20 | - | 2 | 0:17 | 29 | 1:00 | 1.40 | 24:49 | 17:43 | 1 | - | 68 | | |
| Schwimmen □□□ | 1.40 | 24:49 | 17:43 | 1 | - | 68 | | 1.40 | 24:49 | 17:43 | 1 | - | 68 | | |
| Rad netto | 44.00 | 1:23:32 | 1:53 | 1 | - | 26 | 11:31 | 45.40 | 1:48:21 | 2:23 | 1 | - | 53 | | |
| Wechsel R -> L | - | 1:45 | - | 3 | 0:07 | 44 | 0:54 | 45.40 | 1:50:06 | 2:25 | 1 | - | 43 | | |
| Rad □□□ | 44.00 | 1:25:17 | 1:56 | 1 | - | 26 | 11:46 | 45.40 | 1:50:06 | 2:25 | 1 | - | 43 | | |
| Lauf | 10.00 | 47:22 | 4:44 | 2 | 8:46 | 35 | 10:09 | 55.40 | 2:37:28 | 2:50 | 1 | - | 21 | 21:43 | |