



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

Horstkemper, Ralf

□□□: 2:45:52

□□: TV Einigkeit Langenberg

□□: 353

□□: 55.40 km

□□□□□/□□□: 32 (of 86)

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

□□□□□/□: 32 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 8(of 10)

AK4 männlich (35-39 Jahre)

□□□□□□□: 2:15:45

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 25:47 | 18:25 | 3 | 5:00 | 16 | 5:00 | 1.40 | 25:47 | 18:25 | 7 | 5:00 | 57 | |
| Wechsel S -> R | - | 2:44 | - | 10 | 1:01 | 42 | 1:24 | 1.40 | 28:31 | 20:22 | 7 | 5:46 | 57 | |
| Schwimmen □□□ | 1.40 | 28:31 | 20:22 | 7 | 5:46 | 57 | | 1.40 | 28:31 | 20:22 | 7 | 5:46 | 57 | |
| Rad netto | 44.00 | 1:27:00 | 1:58 | 7 | 12:22 | 35 | 14:59 | 45.40 | 1:55:31 | 2:32 | 6 | 18:08 | 54 | |
| Wechsel R -> L | - | 1:40 | - | 8 | 0:34 | 37 | 0:49 | 45.40 | 1:57:11 | 2:34 | 8 | 18:39 | 63 | |
| Rad □□□ | 44.00 | 1:28:40 | 2:00 | 7 | 12:53 | 34 | 15:09 | 45.40 | 1:57:11 | 2:34 | 8 | 18:39 | 63 | |
| Lauf | 10.00 | 48:41 | 4:52 | 9 | 11:28 | 40 | 11:28 | 55.40 | 2:45:52 | 2:59 | 8 | 30:07 | 32 | 30:07 |