



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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krebs, marco

□□□: 2:48:38

□□: marathon soest

□□: 360

□□: 55.40 km

□□□□□/□□□: 39 (of 86)

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

□□□□□/□: 38 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 12(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:53	21:20	14	6:36	48	9:06	1.40	29:53	21:20	9	0:51	18	2:49
Wechsel S -> R	-	2:46	-	12	1:26	43	1:26	1.40	32:39	23:19	9	1:03	18	3:17
Schwimmen □□□	1.40	32:39	23:19	9	1:03	18	3:17	1.40	32:39	23:19	9	1:03	18	3:17
Rad netto	44.00	1:24:58	1:55	12	12:57	31	12:57	45.40	1:57:37	2:35	8	-	15	-
Wechsel R -> L	-	1:25	-	10	0:16	24	0:34	45.40	1:59:02	2:37	17	-	64	-
Rad □□□	44.00	1:26:23	1:57	12	12:52	30	12:52	45.40	1:59:02	2:37	17	-	64	-
Lauf	10.00	49:36	4:57	14	11:24	47	12:23	55.40	2:48:38	3:02	12	27:19	38	32:53