



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

Sattler, Carsten

□□□: 2:47:25

□□: SV Neptun Neheim-Hüstem

□□: 311

□□: 55.40 km

□□□□□/□□□: 33 (of 86)

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

□□□□□/□: 33 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 3(of 10)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:29:49

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:51	19:10	4	5:46	26	6:04	1.40	26:51	19:10	3	5:46	16	
Wechsel S -> R	-	2:27	-	4	0:14	35	1:07	1.40	29:18	20:55	3	6:00	16	
Schwimmen □□□	1.40	29:18	20:55	3	6:00	16		1.40	29:18	20:55	3	6:00	16	
Rad netto	44.00	1:27:18	1:59	3	6:04	37	15:17	45.40	1:56:36	2:34	3	12:04	13	
Wechsel R -> L	-	1:54	-	6	0:35	48	1:03	45.40	1:58:30	2:36	3	12:19	4	
Rad □□□	44.00	1:29:12	2:01	3	6:19	39	15:41	45.40	1:58:30	2:36	3	12:19	4	
Lauf	10.00	48:55	4:53	4	5:17	43	11:42	55.40	2:47:25	3:01	3	17:36	33	31:40