



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Jungesblut, Frank

□□□: 2:55:43

□□: Tri Team Selm

□□: 328

□□: 55.40 km

□□□□□/□□□: 50 (of 86)

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

□□□□□/□: 45 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 15(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:04	19:20	9	3:47	28	6:17	1.40	27:04	19:20	6		1	-
Wechsel S -> R	-	2:18	-	8	0:58	26	0:58	1.40	29:22	20:58	6		1	-
Schwimmen □□□	1.40	29:22	20:58	6		1	-	1.40	29:22	20:58	6		1	-
Rad netto	44.00	1:31:08	2:04	16	19:07	49	19:07	45.40	2:00:30	2:39	6	1:59	9	0:56
Wechsel R -> L	-	1:09	-	1	-	6	0:18	45.40	2:01:39	2:40	5	1:02	8	
Rad □□□	44.00	1:32:17	2:05	15	18:46	46	18:46	45.40	2:01:39	2:40	5	1:02	8	
Lauf	10.00	54:04	5:24	18	15:52	58	16:51	55.40	2:55:43	3:10	15	34:24	45	39:58