



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Skuginna, Eike

□□□: 2:57:13

□□: TRISTAR-OELDE

□□: 339

□□: 55.40 km

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

□□□□□/□□□: 52 (of 86)

□□□□□/□: 47 (of 69)

□□□□□□: 2:15:45

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 17(of 19)

□□□□□□□: 2:21:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	31:17	22:20	16	8:00	52	10:30	1.40	31:17	22:20	5	2:15	8	4:13
Wechsel S -> R	-	5:53	-	19	4:33	69	4:33	1.40	37:10	26:32	5	5:34	8	7:48
Schwimmen □□□	1.40	37:10	26:32	5	5:34	8	7:48	1.40	37:10	26:32	5	5:34	8	7:48
Rad netto	44.00	1:30:28	2:03	15	18:27	44	18:27	45.40	2:07:38	2:48	5	9:07	7	8:04
Wechsel R -> L	-	4:43	-	19	3:34	69	3:52	45.40	2:12:21	2:54	4	11:44	10	
Rad □□□	44.00	1:35:11	2:09	17	21:40	50	21:40	45.40	2:12:21	2:54	4	11:44	10	
Lauf	10.00	44:52	4:29	10	6:40	26	7:39	55.40	2:57:13	3:11	17	35:54	47	41:28