



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

Dastis, Götz

□□□: 2:58:56

□□: Berlin

□□: 317

□□: 55.40 km

□□□□□/□□□: 53 (of 86)

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

□□□□□/□: 48 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 8(of 12)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:27:55

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:28	21:02	8	4:25	42	8:41	1.40	29:28	21:02	9	4:23	4	2:24
Wechsel S -> R	-	3:09	-	9	1:09	50	1:49	1.40	32:37	23:17	9	5:32	4	3:15
Schwimmen □□□	1.40	32:37	23:17	9	5:32	4	3:15	1.40	32:37	23:17	9	5:32	4	3:15
Rad netto	44.00	1:35:00	2:09	10	20:21	52	22:59	45.40	2:07:37	2:48	9	25:53	4	8:03
Wechsel R -> L	-	2:12	-	10	1:01	56	1:21	45.40	2:09:49	2:51	7	26:54	13	
Rad □□□	44.00	1:37:12	2:12	10	21:22	52	23:41	45.40	2:09:49	2:51	7	26:54	13	
Lauf	10.00	49:07	4:54	9	5:26	44	11:54	55.40	2:58:56	3:13	8	31:01	48	43:11