



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Fischer, Alex

□□□: 3:02:00

□□: Herner Triathlon Team 11

□□: 395

□□: 55.40 km

□□□□□/□□□: 60 (of 86)

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

□□□□□/□: 52 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 10(of 12)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:27:55

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 31:21 | 22:23 | 10 | 6:18 | 54 | 10:34 | 1.40 | 31:21 | 22:23 | 10 | 6:16 | 2 | 4:17 |
| Wechsel S -> R | - | 3:07 | - | 8 | 1:07 | 49 | 1:47 | 1.40 | 34:28 | 24:37 | 10 | 7:23 | 2 | 5:06 |
| Schwimmen □□□ | 1.40 | 34:28 | 24:37 | 10 | 7:23 | 2 | 5:06 | 1.40 | 34:28 | 24:37 | 10 | 7:23 | 2 | 5:06 |
| Rad netto | 44.00 | 1:35:03 | 2:09 | 11 | 20:24 | 53 | 23:02 | 45.40 | 2:09:31 | 2:51 | 10 | 27:47 | 2 | 9:57 |
| Wechsel R -> L | - | 2:12 | - | 10 | 1:01 | 56 | 1:21 | 45.40 | 2:11:43 | 2:54 | 8 | 28:48 | 15 | |
| Rad □□□ | 44.00 | 1:37:15 | 2:12 | 11 | 21:25 | 53 | 23:44 | 45.40 | 2:11:43 | 2:54 | 8 | 28:48 | 15 | |
| Lauf | 10.00 | 50:17 | 5:01 | 11 | 6:36 | 50 | 13:04 | 55.40 | 3:02:00 | 3:17 | 10 | 34:05 | 52 | 46:15 |