



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Seebothe, Thomas

□□□: 3:07:34

□□: Paderborn

□□: 350

□□: 55.40 km

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

□□□□□/□□□: 69 (of 86)

□□□□□/□: 58 (of 69)

□□□□□□: 2:15:45

□□□□:

AK2 männlich (25-29 Jahre)

□□□□□: 2(of 2)

□□□□□□□: 2:22:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	32:16	23:02	2	9:18	57	11:29	1.40	32:16	23:02	2	9:18	33	5:12
Wechsel S -> R	-	2:54	-	2	1:20	45	1:34	1.40	35:10	25:07	2	10:38	33	5:48
Schwimmen □□□	1.40	35:10	25:07	2	10:38	33	5:48	1.40	35:10	25:07	2	10:38	33	5:48
Rad netto	44.00	1:41:10	2:17	2	25:13	62	29:09	45.40	2:16:20	3:00	2	35:51	20	16:46
Wechsel R -> L	-	1:41	-	2	0:34	38	0:50	45.40	2:18:01	3:02	2	36:25	19	4:08
Rad □□□	44.00	1:42:51	2:20	2	25:47	62	29:20	45.40	2:18:01	3:02	2	36:25	19	4:08
Lauf	10.00	49:33	4:57	2	8:21	45	12:20	55.40	3:07:34	3:23	2	44:46	58	51:49