



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Gassner, Djahan

□□□: 3:07:32

□□: Team Erdinger Alkoholfrei

□□: 321

□□: 55.40 km

□□□□□/□□□: 66 (of 86)

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

□□□□□/□: 56 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 8(of 10)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:29:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:50	21:18	7	8:45	46	9:03	1.40	29:50	21:18	7	8:45	32	2:46
Wechsel S -> R	-	2:13	-	1	-	21	0:53	1.40	32:03	22:53	7	8:45	32	2:41
Schwimmen □□□	1.40	32:03	22:53	7	8:45	32	2:41	1.40	32:03	22:53	7	8:45	32	2:41
Rad netto	44.00	1:37:49	2:13	9	16:35	59	25:48	45.40	2:09:52	2:51	6	25:20	21	10:18
Wechsel R -> L	-	2:09	-	8	0:50	55	1:18	45.40	2:12:01	2:54	7	25:50	20	
Rad □□□	44.00	1:39:58	2:16	9	17:05	58	26:27	45.40	2:12:01	2:54	7	25:50	20	
Lauf	10.00	55:31	5:33	7	11:53	61	18:18	55.40	3:07:32	3:23	8	37:43	56	51:47