



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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**Rößler, Johannes**

□□□: 3:11:45

□□: RMC Schloss Neuhaus

□□: 300

□□: 55.40 km

□□□□□/□□□: 73 (of 86)

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

□□□□□/□: 62 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 1(of 1)

Senioren 5 (60-64 Jahre)

□□□□□□□: 3:11:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	35:21	25:15	1	-	63	14:34	1.40	35:21	25:15	1	-	26	8:17
Wechsel S -> R	-	4:09	-	1	-	63	2:49	1.40	39:30	28:12	1	-	26	10:08
Schwimmen □□□	1.40	39:30	28:12	1	-	26	10:08	1.40	39:30	28:12	1	-	26	10:08
Rad netto	44.00	1:37:15	2:12	1	-	58	25:14	45.40	2:16:45	3:00	1	-	27	17:11
Wechsel R -> L	-	2:49	-	1	-	67	1:58	45.40	2:19:34	3:04	1	-	26	5:41
Rad □□□	44.00	1:40:04	2:16	1	-	59	26:33	45.40	2:19:34	3:04	1	-	26	5:41
Lauf	10.00	52:11	5:13	1	-	54	14:58	55.40	3:11:45	3:27	1	-	62	56:00