



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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**Stolte, Wolfgang**

□□□: 3:11:50

□□: SSC Hochdahl

□□: 354

□□: 55.40 km

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

□□□□□/□□□: 74 (of 86)

□□□□□/□: 63 (of 69)

□□□□□□: 2:15:45

□□□□:

Senioren 4 (55-59 Jahre)

□□□□□: 3(of 5)

□□□□□□□: 2:37:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	38:34	27:32	4	16:05	67	17:47	1.40	38:34	27:32	4	16:05	25	11:30
Wechsel S -> R	-	5:17	-	5	3:14	68	3:57	1.40	43:51	31:19	4	19:02	25	14:29
Schwimmen □□□	1.40	43:51	31:19	4	19:02	25	14:29	1.40	43:51	31:19	4	19:02	25	14:29
Rad netto	44.00	1:36:43	2:11	2	13:11	55	24:42	45.40	2:20:34	3:05	4	32:13	28	21:00
Wechsel R -> L	-	1:42	-	2	0:04	39	0:51	45.40	2:22:16	3:08	4	32:10	27	8:23
Rad □□□	44.00	1:38:25	2:14	2	13:08	55	24:54	45.40	2:22:16	3:08	4	32:10	27	8:23
Lauf	10.00	49:34	4:57	3	10:58	46	12:21	55.40	3:11:50	3:27	3	34:22	63	56:05