



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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Gabriel, Uli

□□□: 3:14:45

□□: TV Attendorn TRI-TIME

□□: 363

□□: 55.40 km

□□□□□/□□□: 77 (of 86)

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

□□□□□/□: 65 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 19(of 19)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:21:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:33	21:49	15	7:16	49	9:46	1.40	30:33	21:49	2	1:31	24	3:29
Wechsel S -> R	-	4:07	-	16	2:47	62	2:47	1.40	34:40	24:45	2	3:04	24	5:18
Schwimmen □□□	1.40	34:40	24:45	2	3:04	24	5:18	1.40	34:40	24:45	2	3:04	24	5:18
Rad netto	44.00	1:40:17	2:16	19	28:16	61	28:16	45.40	2:14:57	2:58	2	16:26	29	15:23
Wechsel R -> L	-	2:28	-	17	1:19	61	1:37	45.40	2:17:25	3:01	2	16:48	28	3:32
Rad □□□	44.00	1:42:45	2:20	19	29:14	61	29:14	45.40	2:17:25	3:01	2	16:48	28	3:32
Lauf	10.00	57:20	5:44	19	19:08	65	20:07	55.40	3:14:45	3:30	19	53:26	65	59:00