



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

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 |