



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

Jürgens, Klaus-Dieter

□□□: 3:28:34

□□: TCBW Kirchhunden

□□: 362

□□: 55.40 km

□□□□□/□□□: 78 (of 86)

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

□□□□□/□: 66 (of 69)

□□□□□□: 2:15:45

□□□□:

□□□□□: 1(of 1)

Senioren 8 (75-80 Jahre)

□□□□□□□: 3:28:34

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	33:25	23:52	1	-	59	12:38	1.40	33:25	23:52	1	-	23	6:21
Wechsel S -> R	-	4:09	-	1	-	63	2:49	1.40	37:34	26:50	1	-	23	8:12
Schwimmen □□□	1.40	37:34	26:50	1	-	23	8:12	1.40	37:34	26:50	1	-	23	8:12
Rad netto	44.00	1:46:34	2:25	1	-	66	34:33	45.40	2:24:08	3:10	1	-	30	24:34
Wechsel R -> L	-	2:45	-	1	-	66	1:54	45.40	2:26:53	3:14	1	-	29	13:00
Rad □□□	44.00	1:49:19	2:29	1	-	66	35:48	45.40	2:26:53	3:14	1	-	29	13:00
Lauf	10.00	1:01:41	6:10	1	-	69	24:28	55.40	3:28:34	3:45	1	-	66	1:12:49