



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

Lucashen, Marcus

□□□: 3:30:36

□□: Jobware TriTeam

□□: 346

□□: 55.40 km

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

□□□□□/□□□: 79 (of 86)

□□□□□/□: 67 (of 69)

□□□□□□: 2:15:45

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 10(of 10)

□□□□□□□: 2:29:49

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	35:28	25:20	10	14:23	64	14:41	1.40	35:28	25:20	10	14:23	22	8:24
Wechsel S -> R	-	3:32	-	8	1:19	56	2:12	1.40	39:00	27:51	10	15:42	22	9:38
Schwimmen □□□	1.40	39:00	27:51	10	15:42	22	9:38	1.40	39:00	27:51	10	15:42	22	9:38
Rad netto	44.00	1:47:51	2:27	10	26:37	67	35:50	45.40	2:26:51	3:14	9	42:19	31	27:17
Wechsel R -> L	-	2:21	-	9	1:02	59	1:30	45.40	2:29:12	3:17	10	43:01	30	15:19
Rad □□□	44.00	1:50:12	2:30	10	27:19	67	36:41	45.40	2:29:12	3:17	10	43:01	30	15:19
Lauf	10.00	1:01:24	6:08	10	17:46	68	24:11	55.40	3:30:36	3:48	10	1:00:47	67	1:14:51