



# 7. ITH Hennesee Triathlon

Meschede / 28.06.2014

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## Die gestiefelten Muskelkater

□□□: 1:19:50

□□: Die gestiefelten Muskelkater

□□: 65

□□: 25.70 km

Volksdistanz Staffel (0,70-20,00-5,00)

□□□□□/□□□: 8 (of 24)

□□□□□/□□□: 7 (of 24)

□□□□□□: 1:03:17

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□□□□□: 7(of 24)

Staffel

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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.70     | 14:23    | 20:32        | 11      | 4:44    | 11        | 4:44      | 0.70  | 14:23   | 20:32 | 17      |         | 17        |           |
| Wechsel S -> R | -        | 1:48     | -            | 18      | 0:39    | 18        | 0:39      | 0.70  | 16:11   | 23:07 | 17      |         | 17        |           |
| Schwimmen □□□  | 0.70     | 16:11    | 23:07        | 17      |         | 17        |           | 0.70  | 16:11   | 23:07 | 17      |         | 17        |           |
| Rad netto      | 20.00    | 40:12    | 2:00         | 12      | 7:00    | 12        | 7:00      | 20.70 | 56:23   | 2:43  | 17      |         | 17        |           |
| Wechsel R -> L | -        | 0:49     | -            | 11      | 0:10    | 11        | 0:10      | 20.70 | 57:12   | 2:45  | 17      |         | 17        |           |
| Rad □□□        | 20.00    | 41:01    | 2:03         | 11      | 7:06    | 11        | 7:06      | 20.70 | 57:12   | 2:45  | 17      |         | 17        |           |
| Lauf           | 5.00     | 22:38    | 4:31         | 12      | 5:05    | 12        | 5:05      | 25.70 | 1:19:50 | 3:06  | 7       | 16:33   | 7         | 16:33     |