



7. ITH Hennesee Triathlon

Meschede / 28.06.2014

□□□□

ITH Superbolts

□□□: 1:22:14

□□: ITH Superbolts

□□: 60

□□: 25.70 km

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

□□□□□/□□□: 10 (of 24)

□□□□□/□□□: 10 (of 24)

□□□□□□: 1:03:17

□□□□:

□□□□□: 10(of 24)

Staffel

□□□□□□□: 1:03:17

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	16:56	24:11	18	7:17	18	7:17	0.70	16:56	24:11	15		15	
Wechsel S -> R	-	2:02	-	21	0:53	21	0:53	0.70	18:58	27:05	15		15	
Schwimmen □□□	0.70	18:58	27:05	15		15		0.70	18:58	27:05	15		15	
Rad netto	20.00	40:30	2:01	13	7:18	13	7:18	20.70	59:28	2:52	15	0:41	15	0:41
Wechsel R -> L	-	0:48	-	10	0:09	10	0:09	20.70	1:00:16	2:54	15	0:36	15	0:36
Rad □□□	20.00	41:18	2:03	12	7:23	12	7:23	20.70	1:00:16	2:54	15	0:36	15	0:36
Lauf	5.00	21:58	4:23	10	4:25	10	4:25	25.70	1:22:14	3:11	10	18:57	10	18:57