



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

0000

Schmidt, Andreas

000: 1:32:37

00: kein

00: 140

00: 25.70 km

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

00000/000: 70 (of 113)

00000/0: 56 (of 87)

000000: 1:03:55

0000:

Senioren 2 (45-49 Jahre)

00000: 8(of 14)

0000000: 1:15:39

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	19:40	28:05	11	6:27	78	10:22	0.70	19:40	28:05	11	6:27	78	10:22
Wechsel S -> R	-	2:57	-	4	0:41	40	1:24	0.70	22:37	32:18	11	7:01	73	11:41
Schwimmen 000	0.70	22:37	32:18	11	7:01	73	11:41	0.70	22:37	32:18	11	7:01	73	11:41
Rad netto	20.00	40:51	2:02	5	4:36	37	7:04	20.70	1:03:28	3:03	8	10:41	50	18:44
Wechsel R -> L	-	2:12	-	9	0:48	63	1:09	20.70	1:05:40	3:10	8	10:57	51	19:45
Rad 000	20.00	43:03	2:09	6	4:52	40	8:05	20.70	1:05:40	3:10	8	10:57	51	19:45
Lauf	5.00	26:57	5:23	11	6:01	71	9:29	25.70	1:32:37	3:36	8	16:58	56	28:42