



8. ITH Hennessee Triathlon

Meschede / 13.06.2015

0000

Terstesse, Christian

000: 2:32:33

00: TSVE 1890 Bielefeld

00: 396

00: 55.40 km

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

0000:

Senioren 2 (45-49 Jahre)

00000/000: 3 (of 87)

00000/0: 3 (of 74)

000000: 2:25:03

00000: 3(of 22)

0000000: 2:25:03

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	1.40	24:49	17:43	6	9:51	13	9:51	1.40	24:49	17:43	6	9:51	13	9:51
Wechsel S -> R	-	2:16	-	2	0:18	3	0:18	1.40	27:05	19:20	5	2:24	9	3:09
Schwimmen 000	1.40	27:05	19:20	5	2:24	9	3:09	1.40	27:05	19:20	5	2:24	9	3:09
Rad netto	44.00	1:19:41	1:48	1	-	4	1:19:39	45.40	1:46:46	2:21	3	2:01	6	1:21:11
Wechsel R -> L	-	1:41	-	4	0:15	5	0:15	45.40	1:48:27	2:23	3	2:15	3	2:15
Rad 000	44.00	1:21:22	1:50	2	0:09	2	0:09	45.40	1:48:27	2:23	3	2:15	3	2:15
Lauf	10.00	44:06	4:24	5	5:15	7	5:15	55.40	2:32:33	2:45	3	7:30	3	7:30