



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Leismann, Markus

□□□: 1:32:58

□□: BSG Trilux

□□: 117

□□: 25.70 km

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

□□□□□/□□□: 71 (of 113)

□□□□□/□: 57 (of 87)

□□□□□□: 1:03:55

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 9(of 14)

□□□□□□□: 1:15:39

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.70 | 15:01 | 21:27 | 6 | 1:48 | 36 | 5:43 | 0.70 | 15:01 | 21:27 | 6 | 1:48 | 36 | 5:43 | |
| Wechsel S -> R | - | 3:12 | - | 8 | 0:56 | 51 | 1:39 | 0.70 | 18:13 | 26:01 | 6 | 2:37 | 39 | 7:17 | |
| Schwimmen □□□ | 0.70 | 18:13 | 26:01 | 6 | 2:37 | 39 | 7:17 | 0.70 | 18:13 | 26:01 | 6 | 2:37 | 39 | 7:17 | |
| Rad netto | 20.00 | 45:38 | 2:16 | 12 | 9:23 | 63 | 11:51 | 20.70 | 1:03:51 | 3:05 | 9 | 11:04 | 52 | 19:07 | |
| Wechsel R -> L | - | 2:07 | - | 8 | 0:43 | 59 | 1:04 | 20.70 | 1:05:58 | 3:11 | 9 | 11:15 | 52 | 20:03 | |
| Rad □□□ | 20.00 | 47:45 | 2:23 | 10 | 9:34 | 61 | 12:47 | 20.70 | 1:05:58 | 3:11 | 9 | 11:15 | 52 | 20:03 | |
| Lauf | 5.00 | 27:00 | 5:24 | 12 | 6:04 | 73 | 9:32 | 25.70 | 1:32:58 | 3:37 | 9 | 17:19 | 57 | 29:03 | |