



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Stappert, Alexander

□□□: 1:33:29

□□: Stappert Dachkonzepte

□□: 124

□□: 25.70 km

□□□□□/□□□: 73 (of 113)

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

□□□□□/□: 59 (of 87)

□□□□□□: 1:03:55

□□□□:

□□□□□: 10(of 13)

AK2 männlich (25-29 Jahre)

□□□□□□□: 1:04:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	16:39	23:47	6	7:21	53	7:21	0.70	16:39	23:47	6	7:21	53	7:21
Wechsel S -> R	-	2:42	-	6	1:04	28	1:09	0.70	19:21	27:38	6	8:25	47	8:25
Schwimmen □□□	0.70	19:21	27:38	6	8:25	47	8:25	0.70	19:21	27:38	6	8:25	47	8:25
Rad netto	20.00	45:54	2:17	8	11:27	64	12:07	20.70	1:05:15	3:09	7	19:36	55	20:31
Wechsel R -> L	-	4:10	-	13	2:46	85	3:07	20.70	1:09:25	3:21	9	22:22	62	23:30
Rad □□□	20.00	50:04	2:30	10	14:05	72	15:06	20.70	1:09:25	3:21	9	22:22	62	23:30
Lauf	5.00	24:04	4:48	10	6:36	54	6:36	25.70	1:33:29	3:38	10	28:58	59	29:34