



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Schulte, Christof

□□□: 1:35:21

□□: RSV Unna

□□: 205

□□: 25.70 km

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

□□□□□/□□□: 81 (of 113)

□□□□□/□: 66 (of 87)

□□□□□□: 1:03:55

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 11(of 14)

□□□□□□□: 1:15:39

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.70 | 16:50 | 24:02 | 9 | 3:37 | 55 | 7:32 | 0.70 | 16:50 | 24:02 | 9 | 3:37 | 55 | 7:32 |
| Wechsel S -> R | - | 3:02 | - | 5 | 0:46 | 45 | 1:29 | 0.70 | 19:52 | 28:22 | 8 | 4:16 | 52 | 8:56 |
| Schwimmen □□□ | 0.70 | 19:52 | 28:22 | 8 | 4:16 | 52 | 8:56 | 0.70 | 19:52 | 28:22 | 8 | 4:16 | 52 | 8:56 |
| Rad netto | 20.00 | 44:30 | 2:13 | 11 | 8:15 | 59 | 10:43 | 20.70 | 1:04:22 | 3:06 | 10 | 11:35 | 54 | 19:38 |
| Wechsel R -> L | - | 6:12 | - | 14 | 4:48 | 86 | 5:09 | 20.70 | 1:10:34 | 3:24 | 12 | 15:51 | 68 | 24:39 |
| Rad □□□ | 20.00 | 50:42 | 2:32 | 12 | 12:31 | 74 | 15:44 | 20.70 | 1:10:34 | 3:24 | 12 | 15:51 | 68 | 24:39 |
| Lauf | 5.00 | 24:47 | 4:57 | 7 | 3:51 | 58 | 7:19 | 25.70 | 1:35:21 | 3:42 | 11 | 19:42 | 66 | 31:26 |