



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Schaffer, Thomas

□□□: 1:36:55

□□: vereinslos

□□: 159

□□: 25.70 km

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

□□□□□/□□□: 89 (of 113)

□□□□□/□: 71 (of 87)

□□□□□□: 1:03:55

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 12(of 15)

□□□□□□□: 1:10:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	18:38	26:37	12	6:56	73	9:20	0.70	18:38	26:37	12	6:56	73	9:20
Wechsel S -> R	-	5:24	-	14	3:10	85	3:51	0.70	24:02	34:20	13	9:38	77	13:06
Schwimmen □□□	0.70	24:02	34:20	13	9:38	77	13:06	0.70	24:02	34:20	13	9:38	77	13:06
Rad netto	20.00	44:07	2:12	11	9:48	54	10:20	20.70	1:08:09	3:17	11	18:55	69	23:25
Wechsel R -> L	-	3:25	-	14	2:02	83	2:22	20.70	1:11:34	3:27	11	20:57	72	25:39
Rad □□□	20.00	47:32	2:22	12	11:50	59	12:34	20.70	1:11:34	3:27	11	20:57	72	25:39
Lauf	5.00	25:21	5:04	12	5:54	64	7:53	25.70	1:36:55	3:46	12	26:51	71	33:00