



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Advanced Energy

□□□: 1:39:14

□□: Advanced Energy

□□: 45

□□: 25.70 km

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

□□□□□/□□□: 14 (of 19)

□□□□□/□□□: 14 (of 19)

□□□□□□: 1:08:33

□□□□:

□□□□□: 14(of 19)

Staffel

□□□□□□□: 1:08:33

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	15:55	22:44	14	6:44	14	6:44	0.70	15:55	22:44	14	6:44	14	6:44
Wechsel S -> R	-	2:09	-	18	0:37	18	0:37	0.70	18:04	25:48	16	7:11	16	7:11
Schwimmen □□□	0.70	18:04	25:48	16	7:11	16	7:11	0.70	18:04	25:48	16	7:11	16	7:11
Rad netto	20.00	51:53	2:35	15	17:40	15	17:40	20.70	1:09:57	3:22	15	21:00	15	21:00
Wechsel R -> L	-	1:33	-	8	0:24	8	0:24	20.70	1:11:30	3:27	15	21:09	15	21:09
Rad □□□	20.00	53:26	2:40	15	17:50	15	17:50	20.70	1:11:30	3:27	15	21:09	15	21:09
Lauf	5.00	27:44	5:32	15	10:27	15	10:27	25.70	1:39:14	3:51	15	30:41	15	30:41