



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Schenk, Michael

□□□: 2:40:26

□□: Hellas Siegburg

□□: 395

□□: 55.40 km

Olympische Distanz (1,40-44,00-10,00)

□□□□□/□□□: 10 (of 87)

□□□□□/□: 10 (of 74)

□□□□□□: 2:25:03

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 1(of 5)

□□□□□□□: 2:40:26

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:20	19:31	2	0:45	28	12:22	1.40	27:20	19:31	2	0:45	28	12:22
Wechsel S -> R	-	2:35	-	1	-	9	0:37	1.40	29:55	21:22	1	-	18	5:59
Schwimmen □□□	1.40	29:55	21:22	1	-	18	5:59	1.40	29:55	21:22	1	-	18	5:59
Rad netto	44.00	1:22:34	1:52	2	0:49	12	1:22:32	45.40	1:52:29	2:28	1	-	13	1:26:54
Wechsel R -> L	-	2:06	-	1	-	13	0:40	45.40	1:54:35	2:31	1	-	10	8:23
Rad □□□	44.00	1:24:40	1:55	1	-	6	3:27	45.40	1:54:35	2:31	1	-	10	8:23
Lauf	10.00	45:51	4:35	1	-	18	7:00	55.40	2:40:26	2:53	1	-	10	15:23