



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

blissenbach, gerd

□□□: 2:42:23

□□: SV Bergisch Gladbach

□□: 364

□□: 55.40 km

□□□□□/□□□: 13 (of 87)

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

□□□□□/□: 13 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 2(of 15)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:37:17

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:31	18:56	5	3:07	21	11:33	1.40	26:31	18:56	5	3:07	21	11:33
Wechsel S -> R	-	2:57	-	4	0:28	17	0:59	1.40	29:28	21:02	3	2:18	15	5:32
Schwimmen □□□	1.40	29:28	21:02	3	2:18	15	5:32	1.40	29:28	21:02	3	2:18	15	5:32
Rad netto	44.00	1:22:31	1:52	2	2:31	11	1:22:29	45.40	1:51:59	2:27	2	2:19	10	1:26:24
Wechsel R -> L	-	2:26	-	7	0:48	34	1:00	45.40	1:54:25	2:31	2	2:46	8	8:13
Rad □□□	44.00	1:24:57	1:55	2	2:58	9	3:44	45.40	1:54:25	2:31	2	2:46	8	8:13
Lauf	10.00	47:58	4:47	4	3:05	30	9:07	55.40	2:42:23	2:55	2	5:06	13	17:20