



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Maag, Michael

□□□: 2:46:03

□□: DAK Gesundheit

□□: 375

□□: 55.40 km

□□□□□/□□□: 16 (of 87)

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

□□□□□/□: 16 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 4(of 15)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:37:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	24:20	17:22	2	0:56	11	9:22	1.40	24:20	17:22	2	0:56	11	9:22
Wechsel S -> R	-	2:50	-	3	0:21	13	0:52	1.40	27:10	19:24	1	-	10	3:14
Schwimmen □□□	1.40	27:10	19:24	1	-	10	3:14	1.40	27:10	19:24	1	-	10	3:14
Rad netto	44.00	1:27:52	1:59	3	7:52	23	1:27:50	45.40	1:55:02	2:32	3	5:22	18	1:29:27
Wechsel R -> L	-	2:32	-	9	0:54	41	1:06	45.40	1:57:34	2:35	3	5:55	14	11:22
Rad □□□	44.00	1:30:24	2:03	3	8:25	20	9:11	45.40	1:57:34	2:35	3	5:55	14	11:22
Lauf	10.00	48:29	4:50	6	3:36	35	9:38	55.40	2:46:03	2:59	4	8:46	16	21:00