



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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krebs, marco

□□□: 2:46:21

□□: marathon soest

□□: 354

□□: 55.40 km

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

□□□□□/□□□: 18 (of 87)

□□□□□/□: 18 (of 74)

□□□□□□: 2:25:03

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 3(of 5)

□□□□□□□: 2:40:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:39	19:45	3	1:04	33	12:41	1.40	27:39	19:45	3	1:04	33	12:41
Wechsel S -> R	-	3:02	-	2	0:27	20	1:04	1.40	30:41	21:55	2	0:46	26	6:45
Schwimmen □□□	1.40	30:41	21:55	2	0:46	26	6:45	1.40	30:41	21:55	2	0:46	26	6:45
Rad netto	44.00	1:26:46	1:58	3	5:01	20	1:26:44	45.40	1:57:27	2:35	3	4:58	20	1:31:52
Wechsel R -> L	-	2:17	-	3	0:11	28	0:51	45.40	1:59:44	2:38	3	5:09	18	13:32
Rad □□□	44.00	1:29:03	2:01	3	4:23	18	7:50	45.40	1:59:44	2:38	3	5:09	18	13:32
Lauf	10.00	46:37	4:39	4	0:46	23	7:46	55.40	2:46:21	3:00	3	5:55	18	21:18