



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Krois, Dietmar

□□□: 2:46:24

□□: SC Borcheln

□□: 360

□□: 55.40 km

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

□□□□□/□□□: 19 (of 87)

□□□□□/□: 19 (of 74)

□□□□□□: 2:25:03

□□□□:

Senioren 4 (55-59 Jahre)

□□□□□: 1(of 9)

□□□□□□□: 2:46:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:12	21:34	8	4:01	56	15:14	1.40	30:12	21:34	8	4:01	56	15:14
Wechsel S -> R	-	3:10	-	3	0:24	26	1:12	1.40	33:22	23:50	7	3:16	49	9:26
Schwimmen □□□	1.40	33:22	23:50	7	3:16	49	9:26	1.40	33:22	23:50	7	3:16	49	9:26
Rad netto	44.00	1:25:34	1:56	2	1:25:32	14	1:25:32	45.40	1:58:56	2:37	3	1:23:40	23	1:33:21
Wechsel R -> L	-	2:19	-	5	0:26	30	0:53	45.40	2:01:15	2:40	2	0:27	20	15:03
Rad □□□	44.00	1:27:53	1:59	2	0:08	13	6:40	45.40	2:01:15	2:40	2	0:27	20	15:03
Lauf	10.00	45:09	4:30	2	0:42	15	6:18	55.40	2:46:24	3:00	1	-	19	21:21