



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Gießau, Reiner

□□□: 2:46:49

□□: Soester Tri Team

□□: 327

□□: 55.40 km

□□□□□/□□□: 20 (of 87)

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

□□□□□/□: 20 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 2(of 9)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:46:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:54	21:21	6	3:43	52	14:56	1.40	29:54	21:21	6	3:43	52	14:56
Wechsel S -> R	-	3:09	-	2	0:23	25	1:11	1.40	33:03	23:36	5	2:57	44	9:07
Schwimmen □□□	1.40	33:03	23:36	5	2:57	44	9:07	1.40	33:03	23:36	5	2:57	44	9:07
Rad netto	44.00	1:25:36	1:56	3	1:25:34	15	1:25:34	45.40	1:58:39	2:36	2	1:23:23	22	1:33:04
Wechsel R -> L	-	2:09	-	2	0:16	19	0:43	45.40	2:00:48	2:39	1	-	19	14:36
Rad □□□	44.00	1:27:45	1:59	1	-	12	6:32	45.40	2:00:48	2:39	1	-	19	14:36
Lauf	10.00	46:01	4:36	3	1:34	20	7:10	55.40	2:46:49	3:00	2	0:25	20	21:46