



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Kersten, Frank

□□□: 2:49:18

□□: SSC Scharmede

□□: 418

□□: 55.40 km

□□□□□/□□□: 23 (of 87)

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

□□□□□/□: 23 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 3(of 9)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:46:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:47	19:50	3	1:36	34	12:49	1.40	27:47	19:50	3	1:36	34	12:49
Wechsel S -> R	-	4:06	-	8	1:20	46	2:08	1.40	31:53	22:46	3	1:47	35	7:57
Schwimmen □□□	1.40	31:53	22:46	3	1:47	35	7:57	1.40	31:53	22:46	3	1:47	35	7:57
Rad netto	44.00	1:30:24	2:03	6	1:30:22	36	1:30:22	45.40	2:02:17	2:41	6	1:27:01	36	1:36:42
Wechsel R -> L	-	2:34	-	6	0:41	43	1:08	45.40	2:04:51	2:45	5	4:03	32	18:39
Rad □□□	44.00	1:32:58	2:06	5	5:13	33	11:45	45.40	2:04:51	2:45	5	4:03	32	18:39
Lauf	10.00	44:27	4:26	1	-	10	5:36	55.40	2:49:18	3:03	3	2:54	23	24:15