



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Bergmann, Helmut

□□□: 2:50:36

□□: Marathon Soest e.V.

□□: 357

□□: 55.40 km

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

□□□□□/□: 24 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 1(of 2)

Senioren 5 (60-64 Jahre)

□□□□□□□: 2:50:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:02	18:35	1	-	17	11:04	1.40	26:02	18:35	1	-	17	11:04	
Wechsel S -> R	-	4:13	-	1	-	52	2:15	1.40	30:15	21:36	1	-	22	6:19	
Schwimmen □□□	1.40	30:15	21:36	1	-	22	6:19	1.40	30:15	21:36	1	-	22	6:19	
Rad netto	44.00	1:32:32	2:06	1	-	41	1:32:30	45.40	2:02:47	2:42	1	-	38	1:37:12	
Wechsel R -> L	-	2:53	-	1	-	55	1:27	45.40	2:05:40	2:46	1	-	36	19:28	
Rad □□□	44.00	1:35:25	2:10	1	-	41	14:12	45.40	2:05:40	2:46	1	-	36	19:28	
Lauf	10.00	44:56	4:29	1	-	13	6:05	55.40	2:50:36	3:04	1	-	24	25:33	