



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Overfeld, Dennis

□□□: 2:50:58

□□: Tus Xanten Triathlon

□□: 330

□□: 55.40 km

□□□□□/□□□: 25 (of 87)

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

□□□□□/□: 25 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 2(of 7)

AK2 männlich (25-29 Jahre)

□□□□□□□: 2:36:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:27	19:36	4	6:15	31	12:29	1.40	27:27	19:36	4	6:15	31	12:29
Wechsel S -> R	-	3:03	-	5	0:49	21	1:05	1.40	30:30	21:47	4	6:34	24	6:34
Schwimmen □□□	1.40	30:30	21:47	4	6:34	24	6:34	1.40	30:30	21:47	4	6:34	24	6:34
Rad netto	44.00	1:30:02	2:02	3	1:28:50	31	1:30:00	45.40	2:00:32	2:39	4	1:34:57	30	1:34:57
Wechsel R -> L	-	2:02	-	2	0:21	11	0:36	45.40	2:02:34	2:41	3	10:55	26	16:22
Rad □□□	44.00	1:32:04	2:05	2	4:26	27	10:51	45.40	2:02:34	2:41	3	10:55	26	16:22
Lauf	10.00	48:24	4:50	3	3:27	34	9:33	55.40	2:50:58	3:05	2	14:22	25	25:55