



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Keil, Oliver

□□□: 2:50:58

□□: Waldseehaie Langen

□□: 361

□□: 55.40 km

□□□□□/□□□: 26 (of 87)

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

□□□□□/□: 25 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 5(of 15)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:37:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:50	19:52	7	4:26	35	12:52	1.40	27:50	19:52	7	4:26	35	12:52
Wechsel S -> R	-	2:34	-	2	0:05	8	0:36	1.40	30:24	21:42	6	3:14	23	6:28
Schwimmen □□□	1.40	30:24	21:42	6	3:14	23	6:28	1.40	30:24	21:42	6	3:14	23	6:28
Rad netto	44.00	1:31:04	2:04	9	11:04	40	1:31:02	45.40	2:01:28	2:40	6	11:48	32	1:35:53
Wechsel R -> L	-	2:02	-	3	0:24	11	0:36	45.40	2:03:30	2:43	6	11:51	28	17:18
Rad □□□	44.00	1:33:06	2:06	7	11:07	34	11:53	45.40	2:03:30	2:43	6	11:51	28	17:18
Lauf	10.00	47:28	4:44	3	2:35	26	8:37	55.40	2:50:58	3:05	5	13:41	25	25:55