



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Pietsch, Gerald

□□: Tri-As Hamm

□□: 324

□□: 55.40 km

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

□□□□:

Senioren 4 (55-59 Jahre)

□□□□□/□□□: DNF (of 87)

□□□□□/□: DNF (of 74)

□□□□□□: 2:25:03

□□□□□: DNF(of 9)

□□□□□□□: 2:46:24

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:01	21:26	7	3:50	54	15:03	1.40	30:01	21:26	7	3:50	54	15:03	
Wechsel S -> R	-	5:13	-	9	2:27	64	3:15	1.40	35:14	25:10	8	5:08	57	11:18	
Schwimmen □□□	1.40	35:14	25:10	8	5:08	57	11:18	1.40	35:14	25:10	8	5:08	57	11:18	
Rad netto	44.00	0:02	0:00	1	-	1	-	45.40	35:16	0:46	1	-	2	9:41	
Wechsel R -> L	-	fehlt!	-	-	-	-	-	45.40	-	-	-	-	-	-	-
Rad □□□	44.00		-	-		-		45.40		-	-		-		
Lauf	10.00	fehlt!	-	-	-	-	-	55.40	-	-	-	-	-	-	-