



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Ernst, Jo

□□□: 2:53:05

□□: TSG 07 Burg Gretesch

□□: 303

□□: 55.40 km

□□□□□/□□□: 30 (of 87)

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

□□□□□/□: 30 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 6(of 15)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:37:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:32	21:05	10	6:08	47	14:34	1.40	29:32	21:05	10	6:08	47	14:34
Wechsel S -> R	-	3:40	-	6	1:11	35	1:42	1.40	33:12	23:42	10	6:02	45	9:16
Schwimmen □□□	1.40	33:12	23:42	10	6:02	45	9:16	1.40	33:12	23:42	10	6:02	45	9:16
Rad netto	44.00	1:28:34	2:00	4	8:34	25	1:28:32	45.40	2:01:46	2:40	7	12:06	35	1:36:11
Wechsel R -> L	-	2:06	-	4	0:28	13	0:40	45.40	2:03:52	2:43	7	12:13	29	17:40
Rad □□□	44.00	1:30:40	2:03	4	8:41	21	9:27	45.40	2:03:52	2:43	7	12:13	29	17:40
Lauf	10.00	49:13	4:55	7	4:20	37	10:22	55.40	2:53:05	3:07	6	15:48	30	28:02