



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Reichel, Markus

□□□: 1:53:07

□□: Team Betablocker

□□: 257

□□: 25.70 km

□□□□□/□□□: 108 (of 113)

Volksdistanz (0,70-20,00-5,00)

□□□□□/□: 84 (of 87)

□□□□□□: 1:03:55

□□□□:

□□□□□: 13(of 14)

Senioren 2 (45-49 Jahre)

□□□□□□□: 1:15:39

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.70 | 16:15 | 23:12 | 8 | 3:02 | 47 | 6:57 | 0.70 | 16:15 | 23:12 | 8 | 3:02 | 47 | 6:57 |
| Wechsel S -> R | - | 4:57 | - | 14 | 2:41 | 83 | 3:24 | 0.70 | 21:12 | 30:17 | 9 | 5:36 | 63 | 10:16 |
| Schwimmen □□□ | 0.70 | 21:12 | 30:17 | 9 | 5:36 | 63 | 10:16 | 0.70 | 21:12 | 30:17 | 9 | 5:36 | 63 | 10:16 |
| Rad netto | 20.00 | 44:24 | 2:13 | 10 | 8:09 | 58 | 10:37 | 20.70 | 1:05:36 | 3:10 | 11 | 12:49 | 56 | 20:52 |
| Wechsel R -> L | - | 3:36 | - | 13 | 2:12 | 84 | 2:33 | 20.70 | 1:09:12 | 3:20 | 10 | 14:29 | 60 | 23:17 |
| Rad □□□ | 20.00 | 48:00 | 2:23 | 11 | 9:49 | 62 | 13:02 | 20.70 | 1:09:12 | 3:20 | 10 | 14:29 | 60 | 23:17 |
| Lauf | 5.00 | 43:55 | 8:46 | 14 | 22:59 | 86 | 26:27 | 25.70 | 1:53:07 | 4:24 | 13 | 37:28 | 84 | 49:12 |