



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Menzel, Wilfried

□□□: 2:53:43

□□: Tricops Warstein

□□: 381

□□: 55.40 km

□□□□□/□□□: 33 (of 87)

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

□□□□□/□: 33 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 4(of 9)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:46:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:18	19:30	2	1:07	27	12:20	1.40	27:18	19:30	2	1:07	27	12:20
Wechsel S -> R	-	3:37	-	5	0:51	33	1:39	1.40	30:55	22:05	2	0:49	29	6:59
Schwimmen □□□	1.40	30:55	22:05	2	0:49	29	6:59	1.40	30:55	22:05	2	0:49	29	6:59
Rad netto	44.00	1:29:07	2:01	4	1:29:05	27	1:29:05	45.40	2:00:02	2:38	4	1:24:46	26	1:34:27
Wechsel R -> L	-	2:12	-	3	0:19	23	0:46	45.40	2:02:14	2:41	3	1:26	23	16:02
Rad □□□	44.00	1:31:19	2:04	3	3:34	23	10:06	45.40	2:02:14	2:41	3	1:26	23	16:02
Lauf	10.00	51:29	5:08	4	7:02	45	12:38	55.40	2:53:43	3:08	4	7:19	33	28:40