



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

0000

Hämmerling, Bartosch

000: 2:54:42

00: ASC Ahlen

00: 323

00: 55.40 km

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

0000:

AK4 männlich (35-39 Jahre)

00000/000: 34 (of 87)

00000/0: 34 (of 74)

000000: 2:25:03

00000: 5(of 7)

0000000: 2:34:06

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.40	30:09	21:32	5	7:11	55	15:11	1.40	30:09	21:32	5	7:11	55	15:11	
Wechsel S -> R	-	3:07	-	4	0:20	23	1:09	1.40	33:16	23:45	5	7:31	48	9:20	
Schwimmen 000	1.40	33:16	23:45	5	7:31	48	9:20	1.40	33:16	23:45	5	7:31	48	9:20	
Rad netto	44.00	1:29:17	2:01	5	1:29:13	28	1:29:15	45.40	2:02:33	2:41	6	1:16:20	37	1:36:58	
Wechsel R -> L	-	2:25	-	3	0:18	33	0:59	45.40	2:04:58	2:45	5	10:46	33	18:46	
Rad 000	44.00	1:31:42	2:05	4	6:49	24	10:29	45.40	2:04:58	2:45	5	10:46	33	18:46	
Lauf	10.00	49:44	4:58	6	10:11	39	10:53	55.40	2:54:42	3:09	5	20:36	34	29:39	