



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Köhler, Holger

□□□: 2:54:55

□□: Tri-Cops Warstein

□□: 322

□□: 55.40 km

□□□□□/□□□: 35 (of 87)

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

□□□□□/□: 35 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 5(of 9)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:46:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:11	18:42	1	-	18	11:13	1.40	26:11	18:42	1	-	18	11:13
Wechsel S -> R	-	3:55	-	7	1:09	40	1:57	1.40	30:06	21:30	1	-	21	6:10
Schwimmen □□□	1.40	30:06	21:30	1	-	21	6:10	1.40	30:06	21:30	1	-	21	6:10
Rad netto	44.00	1:30:08	2:02	5	1:30:06	33	1:30:06	45.40	2:00:14	2:38	5	1:24:58	28	1:34:39
Wechsel R -> L	-	2:44	-	7	0:51	46	1:18	45.40	2:02:58	2:42	4	2:10	27	16:46
Rad □□□	44.00	1:32:52	2:06	4	5:07	32	11:39	45.40	2:02:58	2:42	4	2:10	27	16:46
Lauf	10.00	51:57	5:11	5	7:30	46	13:06	55.40	2:54:55	3:09	5	8:31	35	29:52