



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Werner, Karsten

□□□: 2:57:36

□□: ohne

□□: 371

□□: 55.40 km

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

□□□□□/□□□: 38 (of 87)

□□□□□/□: 38 (of 74)

□□□□□□: 2:25:03

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 9(of 15)

□□□□□□□: 2:37:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:33	20:23	9	5:09	41	13:35	1.40	28:33	20:23	9	5:09	41	13:35
Wechsel S -> R	-	4:14	-	9	1:45	53	2:16	1.40	32:47	23:25	9	5:37	42	8:51
Schwimmen □□□	1.40	32:47	23:25	9	5:37	42	8:51	1.40	32:47	23:25	9	5:37	42	8:51
Rad netto	44.00	1:30:41	2:03	7	10:41	37	1:30:39	45.40	2:03:28	2:43	9	13:48	41	1:37:53
Wechsel R -> L	-	2:50	-	10	1:12	50	1:24	45.40	2:06:18	2:46	9	14:39	38	20:06
Rad □□□	44.00	1:33:31	2:07	9	11:32	36	12:18	45.40	2:06:18	2:46	9	14:39	38	20:06
Lauf	10.00	51:18	5:07	10	6:25	44	12:27	55.40	2:57:36	3:12	9	20:19	38	32:33