



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Poschmann, Mike

□□□: 2:58:52

□□: bikeattackoberberg

□□: 346

□□: 55.40 km

□□□□□/□□□: 40 (of 87)

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

□□□□□/□: 40 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 11(of 22)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:25:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:10	20:50	15	14:12	43	14:12	1.40	29:10	20:50	15	14:12	43	14:12	
Wechsel S -> R	-	2:50	-	5	0:52	13	0:52	1.40	32:00	22:51	12	7:19	36	8:04	
Schwimmen □□□	1.40	32:00	22:51	12	7:19	36	8:04	1.40	32:00	22:51	12	7:19	36	8:04	
Rad netto	44.00	1:33:52	2:07	11	14:11	47	1:33:50	45.40	2:05:52	2:46	12	21:07	46	1:40:17	
Wechsel R -> L	-	2:06	-	6	0:40	13	0:40	45.40	2:07:58	2:49	11	21:46	42	21:46	
Rad □□□	44.00	1:35:58	2:10	11	14:45	43	14:45	45.40	2:07:58	2:49	11	21:46	42	21:46	
Lauf	10.00	50:54	5:05	13	12:03	43	12:03	55.40	2:58:52	3:13	11	33:49	40	33:49	