



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Diehl, Volker

□□□: 2:59:11

□□: LC Hansa Stuhr Tri-Wölfe

□□: 336

□□: 55.40 km

□□□□□/□□□: 41 (of 87)

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

□□□□□/□: 41 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 10(of 15)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:37:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:20	18:48	4	2:56	20	11:22	1.40	26:20	18:48	4	2:56	20	11:22
Wechsel S -> R	-	4:19	-	10	1:50	54	2:21	1.40	30:39	21:53	7	3:29	25	6:43
Schwimmen □□□	1.40	30:39	21:53	7	3:29	25	6:43	1.40	30:39	21:53	7	3:29	25	6:43
Rad netto	44.00	1:37:18	2:12	12	17:18	62	1:37:16	45.40	2:07:57	2:49	10	18:17	51	1:42:22
Wechsel R -> L	-	3:04	-	13	1:26	60	1:38	45.40	2:11:01	2:53	10	19:22	48	24:49
Rad □□□	44.00	1:40:22	2:16	12	18:23	60	19:09	45.40	2:11:01	2:53	10	19:22	48	24:49
Lauf	10.00	48:10	4:48	5	3:17	32	9:19	55.40	2:59:11	3:14	10	21:54	41	34:08