



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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**Stolte, Wolfgang**

□□□: 3:01:09

□□: TSV Hochdahl

□□: 390

□□: 55.40 km

□□□□□/□□□: 42 (of 87)

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

□□□□□/□: 42 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 6(of 9)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:46:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:10	20:50	4	2:59	43	14:12	1.40	29:10	20:50	4	2:59	43	14:12
Wechsel S -> R	-	3:24	-	4	0:38	29	1:26	1.40	32:34	23:15	4	2:28	41	8:38
Schwimmen □□□	1.40	32:34	23:15	4	2:28	41	8:38	1.40	32:34	23:15	4	2:28	41	8:38
Rad netto	44.00	1:34:24	2:08	8	1:34:22	49	1:34:22	45.40	2:06:58	2:47	7	1:31:42	47	1:41:23
Wechsel R -> L	-	2:12	-	3	0:19	23	0:46	45.40	2:09:10	2:50	6	8:22	44	22:58
Rad □□□	44.00	1:36:36	2:11	7	8:51	45	15:23	45.40	2:09:10	2:50	6	8:22	44	22:58
Lauf	10.00	51:59	5:11	6	7:32	47	13:08	55.40	3:01:09	3:16	6	14:45	42	36:06