



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Droste, André

□□□: 3:02:17

□□: RC Sorpesee

□□: 385

□□: 55.40 km

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

□□□□□/□□□: 44 (of 87)

□□□□□/□: 43 (of 74)

□□□□□□: 2:25:03

□□□□:

AK2 männlich (25-29 Jahre)

□□□□□: 3(of 7)

□□□□□□□: 2:36:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	21:12	15:08	1	-	2	6:14	1.40	21:12	15:08	1	-	2	6:14
Wechsel S -> R	-	2:44	-	3	0:30	10	0:46	1.40	23:56	17:05	1	-	1	-
Schwimmen □□□	1.40	23:56	17:05	1	-	1	-	1.40	23:56	17:05	1	-	1	-
Rad netto	44.00	1:32:35	2:06	4	1:31:23	42	1:32:33	45.40	1:56:31	2:33	3	1:30:56	19	1:30:56
Wechsel R -> L	-	2:28	-	5	0:47	38	1:02	45.40	1:58:59	2:37	2	7:20	16	12:47
Rad □□□	44.00	1:35:03	2:09	3	7:25	39	13:50	45.40	1:58:59	2:37	2	7:20	16	12:47
Lauf	10.00	1:03:18	6:19	5	18:21	68	24:27	55.40	3:02:17	3:17	3	25:41	43	37:14