



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Hunt, Stephen

□□□: 3:03:49

□□: Louth triathlon club

□□: 309

□□: 55.40 km

□□□□□/□□□: 48 (of 87)

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

□□□□□/□: 46 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 7(of 9)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:46:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	33:32	23:57	9	7:21	67	18:34	1.40	33:32	23:57	9	7:21	67	18:34
Wechsel S -> R	-	2:46	-	1	-	11	0:48	1.40	36:18	25:55	9	6:12	60	12:22
Schwimmen □□□	1.40	36:18	25:55	9	6:12	60	12:22	1.40	36:18	25:55	9	6:12	60	12:22
Rad netto	44.00	1:33:26	2:07	7	1:33:24	45	1:33:24	45.40	2:09:44	2:51	9	1:34:28	56	1:44:09
Wechsel R -> L	-	1:53	-	1	-	8	0:27	45.40	2:11:37	2:53	8	10:49	51	25:25
Rad □□□	44.00	1:35:19	2:09	6	7:34	40	14:06	45.40	2:11:37	2:53	8	10:49	51	25:25
Lauf	10.00	52:12	5:13	7	7:45	48	13:21	55.40	3:03:49	3:19	7	17:25	46	38:46