



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Mischok, Peter

□□□: 3:05:34

□□: UTe Mückel Triathlon Team

□□: 380

□□: 55.40 km

□□□□□/□□□: 52 (of 87)

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

□□□□□/□: 49 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 8(of 9)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:46:24

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 29:20 | 20:57 | 5 | 3:09 | 46 | 14:22 | 1.40 | 29:20 | 20:57 | 5 | 3:09 | 46 | 14:22 |
| Wechsel S -> R | - | 3:53 | - | 6 | 1:07 | 39 | 1:55 | 1.40 | 33:13 | 23:43 | 6 | 3:07 | 46 | 9:17 |
| Schwimmen □□□ | 1.40 | 33:13 | 23:43 | 6 | 3:07 | 46 | 9:17 | 1.40 | 33:13 | 23:43 | 6 | 3:07 | 46 | 9:17 |
| Rad netto | 44.00 | 1:34:34 | 2:08 | 9 | 1:34:32 | 51 | 1:34:32 | 45.40 | 2:07:47 | 2:48 | 8 | 1:32:31 | 50 | 1:42:12 |
| Wechsel R -> L | - | 3:19 | - | 8 | 1:26 | 62 | 1:53 | 45.40 | 2:11:06 | 2:53 | 7 | 10:18 | 49 | 24:54 |
| Rad □□□ | 44.00 | 1:37:53 | 2:13 | 8 | 10:08 | 49 | 16:40 | 45.40 | 2:11:06 | 2:53 | 7 | 10:18 | 49 | 24:54 |
| Lauf | 10.00 | 54:28 | 5:26 | 8 | 10:01 | 51 | 15:37 | 55.40 | 3:05:34 | 3:20 | 8 | 19:10 | 49 | 40:31 |