



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Torweihe, Thorsten

□□□: 3:06:23

□□: SV Spexard

□□: 331

□□: 55.40 km

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

□□□□□/□□□: 53 (of 87)

□□□□□/□: 50 (of 74)

□□□□□□: 2:25:03

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 15(of 22)

□□□□□□□: 2:25:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	37:00	26:25	22	22:02	72	22:02	1.40	37:00	26:25	22	22:02	72	22:02
Wechsel S -> R	-	3:35	-	11	1:37	32	1:37	1.40	40:35	28:59	21	15:54	69	16:39
Schwimmen □□□	1.40	40:35	28:59	21	15:54	69	16:39	1.40	40:35	28:59	21	15:54	69	16:39
Rad netto	44.00	1:33:50	2:07	10	14:09	46	1:33:48	45.40	2:14:25	2:57	18	29:40	61	1:48:50
Wechsel R -> L	-	2:06	-	6	0:40	13	0:40	45.40	2:16:31	3:00	18	30:19	58	30:19
Rad □□□	44.00	1:35:56	2:10	10	14:43	42	14:43	45.40	2:16:31	3:00	18	30:19	58	30:19
Lauf	10.00	49:52	4:59	12	11:01	40	11:01	55.40	3:06:23	3:21	15	41:20	50	41:20