



8. ITH Hennessee Triathlon

Meschede / 13.06.2015

0000

Linzel, Martin

000: 3:06:39

00: R.V. Germania 1911 Jügesheim

00: 352

00: 55.40 km

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

00000/000: 54 (of 87)

00000/0: 51 (of 74)

000000: 2:25:03

0000:

00000: 11(of 15)

Senioren 3 (50-54 Jahre)

0000000: 2:37:17

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	1.40	29:53	21:20	11	6:29	50	14:55	1.40	29:53	21:20	11	6:29	50	14:55	
Wechsel S -> R	-	4:06	-	7	1:37	46	2:08	1.40	33:59	24:16	11	6:49	51	10:03	
Schwimmen 000	1.40	33:59	24:16	11	6:49	51	10:03	1.40	33:59	24:16	11	6:49	51	10:03	
Rad netto	44.00	1:36:50	2:12	11	16:50	59	1:36:48	45.40	2:10:49	2:52	12	21:09	58	1:45:14	
Wechsel R -> L	-	2:50	-	10	1:12	50	1:24	45.40	2:13:39	2:56	12	22:00	54	27:27	
Rad 000	44.00	1:39:40	2:15	11	17:41	54	18:27	45.40	2:13:39	2:56	12	22:00	54	27:27	
Lauf	10.00	53:00	5:17	11	8:07	49	14:09	55.40	3:06:39	3:22	11	29:22	51	41:36	