



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Hutchings, Sean

□□□: 3:09:02

□□: Louth triathlon club

□□: 307

□□: 55.40 km

□□□□□/□□□: 60 (of 87)

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

□□□□□/□: 55 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 17(of 22)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:25:03

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:27	19:36	11	12:29	31	12:29	1.40	27:27	19:36	11	12:29	31	12:29
Wechsel S -> R	-	3:29	-	9	1:31	30	1:31	1.40	30:56	22:05	9	6:15	30	7:00
Schwimmen □□□	1.40	30:56	22:05	9	6:15	30	7:00	1.40	30:56	22:05	9	6:15	30	7:00
Rad netto	44.00	1:37:12	2:12	20	17:31	61	1:37:10	45.40	2:08:08	2:49	15	23:23	52	1:42:33
Wechsel R -> L	-	2:33	-	12	1:07	42	1:07	45.40	2:10:41	2:52	15	24:29	47	24:29
Rad □□□	44.00	1:39:45	2:16	18	18:32	55	18:32	45.40	2:10:41	2:52	15	24:29	47	24:29
Lauf	10.00	58:21	5:50	19	19:30	62	19:30	55.40	3:09:02	3:24	17	43:59	55	43:59