



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Klaus, Stefan

□□□: 3:09:05

□□: TRI Sport Menden

□□: 348

□□: 55.40 km

□□□□□/□□□: 61 (of 87)

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

□□□□□/□: 56 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 3(of 5)

AK3 männlich (30-34 Jahre)

□□□□□□□: 2:47:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:34	20:24	3	2:46	42	13:36	1.40	28:34	20:24	3	2:46	42	13:36
Wechsel S -> R	-	3:52	-	1	-	38	1:54	1.40	32:26	23:09	3	1:21	39	8:30
Schwimmen □□□	1.40	32:26	23:09	3	1:21	39	8:30	1.40	32:26	23:09	3	1:21	39	8:30
Rad netto	44.00	1:36:21	2:11	3	10:26	58	1:36:19	45.40	2:08:47	2:50	3	8:27	53	1:43:12
Wechsel R -> L	-	3:58	-	5	1:47	68	2:32	45.40	2:12:45	2:55	3	10:14	52	26:33
Rad □□□	44.00	1:40:19	2:16	3	12:13	59	19:06	45.40	2:12:45	2:55	3	10:14	52	26:33
Lauf	10.00	56:20	5:38	4	10:52	58	17:29	55.40	3:09:05	3:24	3	21:06	56	44:02