



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Ebel, Franz-Josef Ebel

□□□: 3:09:27

□□: Trisport Menden

□□: 318

□□: 55.40 km

□□□□□/□□□: 62 (of 87)

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

□□□□□/□: 57 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 12(of 15)

Senioren 3 (50-54 Jahre)

□□□□□□□: 2:37:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:30	21:47	13	7:06	59	15:32	1.40	30:30	21:47	13	7:06	59	15:32
Wechsel S -> R	-	5:52	-	14	3:23	70	3:54	1.40	36:22	25:58	13	9:12	61	12:26
Schwimmen □□□	1.40	36:22	25:58	13	9:12	61	12:26	1.40	36:22	25:58	13	9:12	61	12:26
Rad netto	44.00	1:32:59	2:06	10	12:59	44	1:32:57	45.40	2:09:21	2:50	11	19:41	54	1:43:46
Wechsel R -> L	-	3:46	-	14	2:08	65	2:20	45.40	2:13:07	2:55	11	21:28	53	26:55
Rad □□□	44.00	1:36:45	2:11	10	14:46	46	15:32	45.40	2:13:07	2:55	11	21:28	53	26:55
Lauf	10.00	56:20	5:38	13	11:27	58	17:29	55.40	3:09:27	3:25	12	32:10	57	44:24