



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Woiwode, Robin

□□□: 3:10:00

□□: Team Erdinger Alkoholfrei

□□: 379

□□: 55.40 km

□□□□□/□□□: 63 (of 87)

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

□□□□□/□: 58 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 6(of 7)

AK4 männlich (35-39 Jahre)

□□□□□□□: 2:34:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	32:50	23:27	6	9:52	64	17:52	1.40	32:50	23:27	6	9:52	64	17:52
Wechsel S -> R	-	4:55	-	6	2:08	61	2:57	1.40	37:45	26:57	6	12:00	65	13:49
Schwimmen □□□	1.40	37:45	26:57	6	12:00	65	13:49	1.40	37:45	26:57	6	12:00	65	13:49
Rad netto	44.00	1:47:51	2:27	7	1:47:47	71	1:47:49	45.40	2:25:36	3:12	7	1:39:23	70	2:00:01
Wechsel R -> L	-	2:35	-	5	0:28	44	1:09	45.40	2:28:11	3:15	6	33:59	67	41:59
Rad □□□	44.00	1:50:26	2:30	6	25:33	68	29:13	45.40	2:28:11	3:15	6	33:59	67	41:59
Lauf	10.00	41:49	4:10	2	2:16	5	2:58	55.40	3:10:00	3:25	6	35:54	58	44:57