



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Ewering, Jörg

□□□: 3:10:01

□□: keiner

□□: 341

□□: 55.40 km

□□□□□/□□□: 64 (of 87)

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

□□□□□/□: 59 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 18(of 22)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:25:03

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:45	21:57	17	15:47	60	15:47	1.40	30:45	21:57	17	15:47	60	15:47
Wechsel S -> R	-	3:43	-	13	1:45	37	1:45	1.40	34:28	24:37	16	9:47	55	10:32
Schwimmen □□□	1.40	34:28	24:37	16	9:47	55	10:32	1.40	34:28	24:37	16	9:47	55	10:32
Rad netto	44.00	1:36:05	2:11	16	16:24	55	1:36:03	45.40	2:10:33	2:52	16	25:48	57	1:44:58
Wechsel R -> L	-	3:50	-	21	2:24	66	2:24	45.40	2:14:23	2:57	16	28:11	55	28:11
Rad □□□	44.00	1:39:55	2:16	19	18:42	56	18:42	45.40	2:14:23	2:57	16	28:11	55	28:11
Lauf	10.00	55:38	5:33	17	16:47	57	16:47	55.40	3:10:01	3:25	18	44:58	59	44:58