



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

0000

Krasch, Joachim

000: 3:10:24

00: -

00: 355

00: 55.40 km

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

0000:

Senioren 2 (45-49 Jahre)

00000/000: 66 (of 87)

00000/0: 60 (of 74)

000000: 2:25:03

00000: 19(of 22)

0000000: 2:25:03

0000

0000

000

| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 | 000 00 | 000 min/km | 00 - | 00 - | 00 0 | 00 0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 33:11 | 23:42 | 19 | 18:13 | 65 | 18:13 | 1.40 | 33:11 | 23:42 | 19 | 18:13 | 65 | 18:13 |
| Wechsel S -> R | - | 5:20 | - | 21 | 3:22 | 67 | 3:22 | 1.40 | 38:31 | 27:30 | 18 | 13:50 | 66 | 14:35 |
| Schwimmen 000 | 1.40 | 38:31 | 27:30 | 18 | 13:50 | 66 | 14:35 | 1.40 | 38:31 | 27:30 | 18 | 13:50 | 66 | 14:35 |
| Rad netto | 44.00 | 1:34:27 | 2:08 | 13 | 14:46 | 50 | 1:34:25 | 45.40 | 2:12:58 | 2:55 | 17 | 28:13 | 59 | 1:47:23 |
| Wechsel R -> L | - | 2:45 | - | 13 | 1:19 | 48 | 1:19 | 45.40 | 2:15:43 | 2:59 | 17 | 29:31 | 56 | 29:31 |
| Rad 000 | 44.00 | 1:37:12 | 2:12 | 13 | 15:59 | 47 | 15:59 | 45.40 | 2:15:43 | 2:59 | 17 | 29:31 | 56 | 29:31 |
| Lauf | 10.00 | 54:41 | 5:28 | 15 | 15:50 | 53 | 15:50 | 55.40 | 3:10:24 | 3:26 | 19 | 45:21 | 60 | 45:21 |