



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Brägas, Matthias

□□□: 3:15:35

□□: Veltins

□□: 359

□□: 55.40 km

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

□□□□□/□□□: 69 (of 87)

□□□□□/□: 62 (of 74)

□□□□□□: 2:25:03

□□□□:

AK3 männlich (30-34 Jahre)

□□□□□: 5(of 5)

□□□□□□□: 2:47:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:50	21:18	4	4:02	48	14:52	1.40	29:50	21:18	4	4:02	48	14:52
Wechsel S -> R	-	4:05	-	2	0:13	45	2:07	1.40	33:55	24:13	4	2:50	50	9:59
Schwimmen □□□	1.40	33:55	24:13	4	2:50	50	9:59	1.40	33:55	24:13	4	2:50	50	9:59
Rad netto	44.00	1:44:16	2:22	5	18:21	69	1:44:14	45.40	2:18:11	3:02	5	17:51	69	1:52:36
Wechsel R -> L	-	2:30	-	2	0:19	40	1:04	45.40	2:20:41	3:05	5	18:10	66	34:29
Rad □□□	44.00	1:46:46	2:25	4	18:40	65	25:33	45.40	2:20:41	3:05	5	18:10	66	34:29
Lauf	10.00	54:54	5:29	3	9:26	54	16:03	55.40	3:15:35	3:31	5	27:36	62	50:32