



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Gerold, Volker

□□□: 3:02:22

□□: TuS Velmede-Bestwig

□□: 415

□□: 55.40 km

□□□□□/□□□: 45 (of 87)

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

□□□□□/□: 44 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 12(of 22)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:25:03

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|-------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 27:58 | 19:58 | 13 | 13:00 | 37 | 13:00 | 1.40 | 27:58 | 19:58 | 13 | 13:00 | 37 | 13:00 |
| Wechsel S -> R | - | 5:16 | - | 20 | 3:18 | 65 | 3:18 | 1.40 | 33:14 | 23:44 | 14 | 8:33 | 47 | 9:18 |
| Schwimmen □□□ | 1.40 | 33:14 | 23:44 | 14 | 8:33 | 47 | 9:18 | 1.40 | 33:14 | 23:44 | 14 | 8:33 | 47 | 9:18 |
| Rad netto | 44.00 | 1:30:54 | 2:03 | 8 | 11:13 | 39 | 1:30:52 | 45.40 | 2:04:08 | 2:44 | 8 | 19:23 | 42 | 1:38:33 |
| Wechsel R -> L | - | 3:12 | - | 18 | 1:46 | 61 | 1:46 | 45.40 | 2:07:20 | 2:48 | 9 | 21:08 | 40 | 21:08 |
| Rad □□□ | 44.00 | 1:34:06 | 2:08 | 8 | 12:53 | 37 | 12:53 | 45.40 | 2:07:20 | 2:48 | 9 | 21:08 | 40 | 21:08 |
| Lauf | 10.00 | 55:02 | 5:30 | 16 | 16:11 | 55 | 16:11 | 55.40 | 3:02:22 | 3:17 | 12 | 37:19 | 44 | 37:19 |