



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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**Salingré, Michael**

□□□: 3:26:36

□□: Ingenieurbüro Salingré

□□: 321

□□: 55.40 km

□□□□□/□□□: 79 (of 87)

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

□□□□□/□: 68 (of 74)

□□□□□□: 2:25:03

□□□□:

□□□□□: 2(of 2)

Senioren 5 (60-64 Jahre)

□□□□□□□: 2:50:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	36:43	26:13	2	10:41	71	21:45	1.40	36:43	26:13	2	10:41	71	21:45
Wechsel S -> R	-	6:33	-	2	2:20	72	4:35	1.40	43:16	30:54	2	13:01	71	19:20
Schwimmen □□□	1.40	43:16	30:54	2	13:01	71	19:20	1.40	43:16	30:54	2	13:01	71	19:20
Rad netto	44.00	1:47:01	2:25	2	14:29	70	1:46:59	45.40	2:30:17	3:18	2	27:30	71	2:04:42
Wechsel R -> L	-	2:58	-	2	0:05	57	1:32	45.40	2:33:15	3:22	2	27:35	68	47:03
Rad □□□	44.00	1:49:59	2:29	2	14:34	67	28:46	45.40	2:33:15	3:22	2	27:35	68	47:03
Lauf	10.00	53:21	5:20	2	8:25	50	14:30	55.40	3:26:36	3:43	2	36:00	68	1:01:33