



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Wrede, Bernd

□□□: 3:35:52

□□: -

□□: 343

□□: 55.40 km

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

□□□□□/□□□: 81 (of 87)

□□□□□/□: 69 (of 74)

□□□□□□: 2:25:03

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 15(of 15)

□□□□□□□: 2:37:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	37:36	26:51	15	14:12	73	22:38	1.40	37:36	26:51	15	14:12	73	22:38
Wechsel S -> R	-	4:40	-	12	2:11	58	2:42	1.40	42:16	30:11	15	15:06	70	18:20
Schwimmen □□□	1.40	42:16	30:11	15	15:06	70	18:20	1.40	42:16	30:11	15	15:06	70	18:20
Rad netto	44.00	1:50:36	2:30	15	30:36	72	1:50:34	45.40	2:32:52	3:22	15	43:12	72	2:07:17
Wechsel R -> L	-	2:14	-	5	0:36	25	0:48	45.40	2:35:06	3:24	15	43:27	69	48:54
Rad □□□	44.00	1:52:50	2:33	15	30:51	69	31:37	45.40	2:35:06	3:24	15	43:27	69	48:54
Lauf	10.00	1:00:46	6:04	15	15:53	66	21:55	55.40	3:35:52	3:53	15	58:35	69	1:10:49