



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Volkmann, Tim

□□□: 3:43:49

□□: -

□□: 350

□□: 55.40 km

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

□□□□□/□□□: 82 (of 87)

□□□□□/□: 70 (of 74)

□□□□□□: 2:25:03

□□□□:

AK4 männlich (35-39 Jahre)

□□□□□: 7(of 7)

□□□□□□□: 2:34:06

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	40:38	29:01	7	17:40	74	25:40	1.40	40:38	29:01	7	17:40	74	25:40
Wechsel S -> R	-	5:31	-	7	2:44	69	3:33	1.40	46:09	32:57	7	20:24	72	22:13
Schwimmen □□□	1.40	46:09	32:57	7	20:24	72	22:13	1.40	46:09	32:57	7	20:24	72	22:13
Rad netto	44.00	0:04	0:00	1	-	2	0:02	45.40	46:13	1:01	1	-	3	20:38
Wechsel R -> L	-	1:58:35	-	7	1:56:28	70	1:57:09	45.40	2:44:48	3:37	7	50:36	70	58:36
Rad □□□	44.00	1:58:39	2:41	7	33:46	70	37:26	45.40	2:44:48	3:37	7	50:36	70	58:36
Lauf	10.00	59:01	5:54	7	19:28	64	20:10	55.40	3:43:49	4:02	7	1:09:43	70	1:18:46