



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

□□□□

Berg, Stephan

□□□: 1:09:11

□□: 1. Tri-Club Paderborn

□□: 180

□□: 25.70 km

Volksdistanz (0,70-20,00-5,00)

□□□□□/□□□: 5 (of 113)

□□□□□/□: 5 (of 87)

□□□□□□: 1:03:55

□□□□:

AK1 männlich (20-24 Jahre)

□□□□□: 3(of 10)

□□□□□□□: 1:04:55

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.70 | 12:06 | 17:17 | 4 | 2:46 | 9 | 2:48 | 0.70 | 12:06 | 17:17 | 4 | 2:46 | 9 | 2:48 |
| Wechsel S -> R | - | 1:51 | - | 4 | 0:15 | 9 | 0:18 | 0.70 | 13:57 | 19:55 | 4 | 3:01 | 8 | 3:01 |
| Schwimmen □□□ | 0.70 | 13:57 | 19:55 | 4 | 3:01 | 8 | 3:01 | 0.70 | 13:57 | 19:55 | 4 | 3:01 | 8 | 3:01 |
| Rad netto | 20.00 | 35:17 | 1:45 | 2 | 0:27 | 7 | 1:30 | 20.70 | 49:14 | 2:22 | 3 | 3:28 | 6 | 4:30 |
| Wechsel R -> L | - | 1:18 | - | 6 | 0:15 | 7 | 0:15 | 20.70 | 50:32 | 2:26 | 4 | 3:43 | 7 | 4:37 |
| Rad □□□ | 20.00 | 36:35 | 1:49 | 2 | 0:42 | 7 | 1:37 | 20.70 | 50:32 | 2:26 | 4 | 3:43 | 7 | 4:37 |
| Lauf | 5.00 | 18:39 | 3:43 | 3 | 0:33 | 6 | 1:11 | 25.70 | 1:09:11 | 2:41 | 3 | 4:16 | 5 | 5:16 |