



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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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

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□□□	□□ 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