



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Strunz, Dirk

000: 1:13:43

00: Tri sport team verl

00: 216

00: 25.70 km

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

00000/000: 14 (of 113)

00000/0: 13 (of 87)

000000: 1:03:55

0000:

00000: 1(of 7)

Senioren 1 (40-44 Jahre)

0000000: 1:13:43

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|----------------|-------|-------|--------|----|------|----|------|-------|---------|--------|----|----|----|------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Schwimmen nett | 0.70 | 11:31 | 16:27 | 1 | - | 7 | 2:13 | 0.70 | 11:31 | 16:27 | 1 | - | 7 | 2:13 |
| Wechsel S -> R | - | 2:13 | - | 2 | 0:28 | 14 | 0:40 | 0.70 | 13:44 | 19:37 | 1 | - | 7 | 2:48 |
| Schwimmen 000 | 0.70 | 13:44 | 19:37 | 1 | - | 7 | 2:48 | 0.70 | 13:44 | 19:37 | 1 | - | 7 | 2:48 |
| Rad netto | 20.00 | 37:02 | 1:51 | 2 | 0:52 | 20 | 3:15 | 20.70 | 50:46 | 2:27 | 1 | - | 13 | 6:02 |
| Wechsel R -> L | - | 1:26 | - | 1 | - | 17 | 0:23 | 20.70 | 52:12 | 2:31 | 1 | - | 11 | 6:17 |
| Rad 000 | 20.00 | 38:28 | 1:55 | 2 | 0:32 | 20 | 3:30 | 20.70 | 52:12 | 2:31 | 1 | - | 11 | 6:17 |
| Lauf | 5.00 | 21:31 | 4:18 | 1 | - | 20 | 4:03 | 25.70 | 1:13:43 | 2:52 | 1 | - | 13 | 9:48 |