



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

0000

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

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 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	