



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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superbolts 1

□□□: 1:16:51

□□: superbolts 1

□□: 32

□□: 25.70 km

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

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Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schwimmen nett	0.70	12:03	17:12	3	2:52	3	2:52	0.70	12:03	17:12	3	2:52	3	2:52
Wechsel S -> R	-	1:45	-	11	0:13	11	0:13	0.70	13:48	19:42	3	2:55	3	2:55
Schwimmen □□□	0.70	13:48	19:42	3	2:55	3	2:55	0.70	13:48	19:42	3	2:55	3	2:55
Rad netto	20.00	40:53	2:02	8	6:40	8	6:40	20.70	54:41	2:38	9	5:44	9	5:44
Wechsel R -> L	-	1:36	-	10	0:27	10	0:27	20.70	56:17	2:43	8	5:56	8	5:56
Rad □□□	20.00	42:29	2:07	9	6:53	9	6:53	20.70	56:17	2:43	8	5:56	8	5:56
Lauf	5.00	20:34	4:06	5	3:17	5	3:17	25.70	1:16:51	2:59	7	8:18	7	8:18