



# 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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| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| 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      |