



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

0000

weber, dieter

000: 1:22:03

00: psv brilon

00: 209

00: 25.70 km

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

00000/000: 35 (of 113)

00000/0: 31 (of 87)

000000: 1:03:55

0000:

Senioren 3 (50-54 Jahre)

00000: 5(of 15)

0000000: 1:10:04

0000

0000

000

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	16:28	23:31	11	4:46	50	7:10	0.70	16:28	23:31	11	4:46	50	7:10
Wechsel S -> R	-	3:18	-	9	1:04	60	1:45	0.70	19:46	28:14	10	5:22	50	8:50
Schwimmen 000	0.70	19:46	28:14	10	5:22	50	8:50	0.70	19:46	28:14	10	5:22	50	8:50
Rad netto	20.00	38:07	1:54	3	3:48	21	4:20	20.70	57:53	2:47	7	8:39	33	13:09
Wechsel R -> L	-	2:29	-	12	1:06	73	1:26	20.70	1:00:22	2:54	7	9:45	34	14:27
Rad 000	20.00	40:36	2:01	4	4:54	24	5:38	20.70	1:00:22	2:54	7	9:45	34	14:27
Lauf	5.00	21:41	4:20	3	2:14	22	4:13	25.70	1:22:03	3:11	5	11:59	31	18:08