



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

0000

Tewes, Markus

000: 1:24:47

00: -

00: 222

00: 25.70 km

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

00000/000: 43 (of 113)

00000/0: 37 (of 87)

000000: 1:03:55

0000:

Senioren 1 (40-44 Jahre)

00000: 4(of 7)

0000000: 1:13:43

0000

0000

000

| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 | 000 00 | 000 min/km | 00 - | 00 - | 00 0 | 00 0 |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 0.70 | 14:55 | 21:18 | 3 | 3:24 | 34 | 5:37 | 0.70 | 14:55 | 21:18 | 3 | 3:24 | 34 | 5:37 |
| Wechsel S -> R | - | 3:17 | - | 4 | 1:32 | 59 | 1:44 | 0.70 | 18:12 | 26:00 | 3 | 4:28 | 38 | 7:16 |
| Schwimmen 000 | 0.70 | 18:12 | 26:00 | 3 | 4:28 | 38 | 7:16 | 0.70 | 18:12 | 26:00 | 3 | 4:28 | 38 | 7:16 |
| Rad netto | 20.00 | 42:17 | 2:06 | 5 | 6:07 | 46 | 8:30 | 20.70 | 1:00:29 | 2:55 | 4 | 9:43 | 40 | 15:45 |
| Wechsel R -> L | - | 2:18 | - | 4 | 0:52 | 68 | 1:15 | 20.70 | 1:02:47 | 3:01 | 5 | 10:35 | 41 | 16:52 |
| Rad 000 | 20.00 | 44:35 | 2:13 | 5 | 6:39 | 47 | 9:37 | 20.70 | 1:02:47 | 3:01 | 5 | 10:35 | 41 | 16:52 |
| Lauf | 5.00 | 22:00 | 4:24 | 4 | 0:29 | 28 | 4:32 | 25.70 | 1:24:47 | 3:17 | 4 | 11:04 | 37 | 20:52 |