



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Bartholomäus, Dirk

000: 1:25:51

00: ohne

00: 155

00: 25.70 km

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

00000/000: 47 (of 113)

00000/0: 41 (of 87)

000000: 1:03:55

0000:

Senioren 2 (45-49 Jahre)

00000: 6(of 14)

0000000: 1:15:39

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	17:44	25:20	10	4:31	63	8:26	0.70	17:44	25:20	10	4:31	63	8:26
Wechsel S -> R	-	3:50	-	13	1:34	72	2:17	0.70	21:34	30:48	10	5:58	66	10:38
Schwimmen 000	0.70	21:34	30:48	10	5:58	66	10:38	0.70	21:34	30:48	10	5:58	66	10:38
Rad netto	20.00	40:04	2:00	3	3:49	31	6:17	20.70	1:01:38	2:58	7	8:51	46	16:54
Wechsel R -> L	-	1:25	-	2	0:01	16	0:22	20.70	1:03:03	3:02	7	8:20	43	17:08
Rad 000	20.00	41:29	2:04	3	3:18	30	6:31	20.70	1:03:03	3:02	7	8:20	43	17:08
Lauf	5.00	22:48	4:33	3	1:52	41	5:20	25.70	1:25:51	3:20	6	10:12	41	21:56