



8. ITH Hennesee Triathlon

Meschede / 13.06.2015

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Hakenes, Christian

□□□: 1:13:24

□□: Trifinish Münster

□□: 223

□□: 25.70 km

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

□□□□□/□□□: 13 (of 113)

□□□□□/□: 12 (of 87)

□□□□□□: 1:03:55

□□□□:

AK2 männlich (25-29 Jahre)

□□□□□: 3(of 13)

□□□□□□□: 1:04:31

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	12:28	17:48	2	3:10	11	3:10	0.70	12:28	17:48	2	3:10	11	3:10	
Wechsel S -> R	-	2:26	-	3	0:48	21	0:53	0.70	14:54	21:17	2	3:58	13	3:58	
Schwimmen □□□	0.70	14:54	21:17	2	3:58	13	3:58	0.70	14:54	21:17	2	3:58	13	3:58	
Rad netto	20.00	36:02	1:48	3	1:35	9	2:15	20.70	50:56	2:27	3	5:17	14	6:12	
Wechsel R -> L	-	1:48	-	6	0:24	37	0:45	20.70	52:44	2:32	3	5:41	15	6:49	
Rad □□□	20.00	37:50	1:53	3	1:51	13	2:52	20.70	52:44	2:32	3	5:41	15	6:49	
Lauf	5.00	20:40	4:08	2	3:12	14	3:12	25.70	1:13:24	2:51	3	8:53	12	9:29	