



# 30. stz-Werratal-Triathlon

Naherholungszentrum Immelborn / 26.07.2015

□□□□

## Bärfelser Säcke

□□□: 1:17:14

□□: Bärfelser Säcke

□□: 1148

□□: 27.45 km

Staffel Jedermann-Triathlon 0,45-22,0-5,0

□□□□□/□□□: 2 (of 5)

□□□□□/□□□: 2 (of 3)

□□□□□□: 1:06:13

□□□□:

Jedermann-Staffel-Mix

□□□□□: 2(of 3)

□□□□□□□: 1:06:13

□□□□

□□□□

□□□

| □□□            | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□     | □□□   | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|----------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-------|---------|---------|-----------|-----------|
| Schwimmen nett | 0.45     | 8:40     | 19:15        | 2       | 0:47    | 2         | 0:47      | 0.45  | 8:40    | 19:15 | 2       | 0:47    | 2         | 0:47      |
| Wechsel S -> R | 0.05     | 0:45     | 15:00        | 3       | 0:13    | 3         | 0:13      | 0.50  | 9:25    | 18:49 | 2       | 1:00    | 2         | 1:00      |
| Schwimmen □□□  | 0.50     | 9:25     | 18:49        | 2       | 1:00    | 2         | 1:00      | 0.50  | 9:25    | 18:49 | 2       | 1:00    | 2         | 1:00      |
| Rad netto      | 22.00    | 48:23    | 2:11         | 2       | 8:12    | 2         | 8:12      | 22.50 | 57:48   | 2:34  | 2       | 9:12    | 2         | 9:12      |
| Wechsel R -> L | 0.05     | 0:40     | 13:19        | 2       | 0:12    | 2         | 0:12      | 22.55 | 58:28   | 2:35  | 2       | 9:24    | 2         | 9:24      |
| Rad □□□        | 22.05    | 49:03    | 2:13         | 2       | 8:24    | 2         | 8:24      | 22.55 | 58:28   | 2:35  | 2       | 9:24    | 2         | 9:24      |
| Lauf           | 4.90     | 18:46    | 3:49         | 2       | 1:37    | 2         | 1:37      | 27.45 | 1:17:14 | 2:48  | 2       | 11:01   | 2         | 11:01     |