



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Siebert, Peter

□□□: 1:33:49

□□: SC Neukirchen

□□: 226

□□: 25.70 km

□□□□□/□□□: 56 (of 109)

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

□□□□□/□: 47 (of 83)

□□□□□□: 1:09:12

□□□□:

□□□□□: 2(of 3)

Senioren 5 (60-64 Jahre)

□□□□□□□: 1:30:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	20:09	28:47	3	4:35	72	9:32	0.70	20:09	28:47	3	4:35	73	20:09	
Wechsel S -> R	-	5:29	-	3	1:43	71	3:46	0.70	25:38	36:37	3	5:48	72	25:38	
Schwimmen □□□	0.70	25:38	36:37	3	5:48	72	25:38	0.70	25:38	36:37	3	5:48	72	25:38	
Rad netto	20.00	42:00	2:06	1	-	33	8:02	20.70	1:07:38	3:16	2	3:40	51	18:25	
Wechsel R -> L	-	2:14	-	1	-	50	1:13	20.70	1:09:52	3:22	2	3:02	50	19:22	
Rad □□□	20.00	44:14	2:12	1	-	36	8:59	20.70	1:09:52	3:22	2	3:02	50	19:22	
Lauf	5.00	23:57	4:47	2	0:24	42	6:27	25.70	1:33:49	3:39	2	3:26	47	24:37	