



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Bruch, Guido

□□□: 1:31:02

□□: Turnverein Griesenbrauck

□□: 190

□□: 25.70 km

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

□□□□□/□□□: 45 (of 109)

□□□□□/□: 40 (of 83)

□□□□□□: 1:09:12

□□□□:

Senioren 4 (55-59 Jahre)

□□□□□: 4(of 8)

□□□□□□□: 1:15:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	20:51	29:47	7	5:47	74	10:14	0.70	20:51	29:47	7	5:47	75	20:51
Wechsel S -> R	-	2:30	-	3	0:18	18	0:47	0.70	23:21	33:21	7	5:38	62	23:21
Schwimmen □□□	0.70	23:21	33:21	7	5:38	62	23:21	0.70	23:21	33:21	7	5:38	62	23:21
Rad netto	20.00	42:28	2:07	4	6:02	36	8:30	20.70	1:05:49	3:10	4	11:40	42	16:36
Wechsel R -> L	-	1:36	-	3	0:15	21	0:35	20.70	1:07:25	3:15	4	11:55	41	16:55
Rad □□□	20.00	44:04	2:12	4	6:17	35	8:49	20.70	1:07:25	3:15	4	11:55	41	16:55
Lauf	5.00	23:37	4:43	6	3:41	38	6:07	25.70	1:31:02	3:32	4	15:36	40	21:50