



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Buchholz, Lars

□□□: 2:29:42

□□: Eslohe

□□: 329

□□: 55.40 km

Olympische Distanz (1,40-44,00-10,00)

□□□□□/□□□: 2 (of 59)

□□□□□/□: 2 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 1(of 13)

□□□□□□□: 2:29:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	24:54	17:47	1	-	3	2:30	1.40	24:54	17:47	1	-	3	2:30
Wechsel S -> R	-	2:50	-	3	0:35	11	0:58	1.40	27:44	19:48	2	0:19	5	3:05
Schwimmen □□□	1.40	27:44	19:48	2	0:19	5	3:05	1.40	27:44	19:48	2	0:19	5	3:05
Rad netto	44.00	1:17:07	1:45	1	-	2	4:04	45.40	1:44:51	2:18	1	-	2	6:04
Wechsel R -> L	-	2:14	-	3	0:35	13	0:41	45.40	1:47:05	2:21	1	-	3	1:16:15
Rad □□□	44.00	1:19:21	1:48	1	-	2	4:45	45.40	1:47:05	2:21	1	-	3	1:16:15
Lauf	10.00	42:37	4:15	3	1:54	5	1:54	55.40	2:29:42	2:42	1	-	2	7:20