



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Gockel, Marc

□□□: 2:29:50

□□: Tritus SV Neptun Neheim-Hüsten

□□: 312

□□: 55.40 km

□□□□□/□□□: 3 (of 59)

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

□□□□□/□: 3 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 2(of 13)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:29:42

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	24:55	17:47	2	0:01	4	2:31	1.40	24:55	17:47	2	0:01	4	2:31
Wechsel S -> R	-	2:30	-	2	0:15	7	0:38	1.40	27:25	19:35	1	-	3	2:46
Schwimmen □□□	1.40	27:25	19:35	1	-	3	2:46	1.40	27:25	19:35	1	-	3	2:46
Rad netto	44.00	1:20:03	1:49	2	2:56	4	7:00	45.40	1:47:28	2:22	2	2:37	4	8:41
Wechsel R -> L	-	1:39	-	1	-	2	0:06	45.40	1:49:07	2:24	2	2:02	5	1:18:17
Rad □□□	44.00	1:21:42	1:51	2	2:21	4	7:06	45.40	1:49:07	2:24	2	2:02	5	1:18:17
Lauf	10.00	40:43	4:04	1	-	1	-	55.40	2:29:50	2:42	2	0:08	3	7:28