



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Beltermann, Hubertus

□□□: 2:32:07

□□: RcSorpesee Tri Team

□□: 347

□□: 55.40 km

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

□□□□□/□□□: 4 (of 59)

□□□□□/□: 4 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 3 (50-54 Jahre)

□□□□□: 1(of 5)

□□□□□□□: 2:32:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:24	18:51	1	-	7	4:00	1.40	26:24	18:51	1	-	7	4:00	
Wechsel S -> R	-	2:09	-	1	-	2	0:17	1.40	28:33	20:23	1	-	7	3:54	
Schwimmen □□□	1.40	28:33	20:23	1	-	7	3:54	1.40	28:33	20:23	1	-	7	3:54	
Rad netto	44.00	1:17:53	1:46	1	-	3	4:50	45.40	1:46:26	2:20	1	-	3	7:39	
Wechsel R -> L	-	1:43	-	1	-	5	0:10	45.40	1:48:09	2:22	1	-	4	1:17:19	
Rad □□□	44.00	1:19:36	1:48	1	-	3	5:00	45.40	1:48:09	2:22	1	-	4	1:17:19	
Lauf	10.00	43:58	4:23	1	-	10	3:15	55.40	2:32:07	2:44	1	-	4	9:45	