



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Jürgens, Michael

□□□: 1:37:21

□□: Castrop-Rauxel

□□: 135

□□: 25.70 km

□□□□□/□□□: 70 (of 109)

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

□□□□□/□: 57 (of 83)

□□□□□□: 1:09:12

□□□□:

□□□□□: 9(of 12)

Senioren 2 (45-49 Jahre)

□□□□□□□: 1:18:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	18:24	26:17	8	6:25	53	7:47	0.70	18:24	26:17	8	6:25	54	18:24	
Wechsel S -> R	-	3:58	-	8	2:10	56	2:15	0.70	22:22	31:57	9	8:10	56	22:22	
Schwimmen □□□	0.70	22:22	31:57	9	8:10	56	22:22	0.70	22:22	31:57	9	8:10	56	22:22	
Rad netto	20.00	44:55	2:14	8	7:43	45	10:57	20.70	1:07:17	3:15	9	12:46	50	18:04	
Wechsel R -> L	-	2:03	-	8	0:39	42	1:02	20.70	1:09:20	3:20	8	12:13	48	18:50	
Rad □□□	20.00	46:58	2:20	8	8:13	47	11:43	20.70	1:09:20	3:20	8	12:13	48	18:50	
Lauf	5.00	28:01	5:36	11	7:04	70	10:31	25.70	1:37:21	3:47	9	19:17	57	28:09	