



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

0000

Adam, Dieter

000: 1:39:21

00: Soest

00: 131

00: 25.70 km

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

00000/000: 78 (of 109)

00000/0: 62 (of 83)

000000: 1:09:12

0000:

Senioren 3 (50-54 Jahre)

00000: 16(of 20)

0000000: 1:10:19

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.70	18:20	26:11	12	5:17	50	7:43	0.70	18:20	26:11	12	5:17	51	18:20
Wechsel S -> R	-	4:43	-	18	2:31	63	3:00	0.70	23:03	32:55	16	7:48	61	23:03
Schwimmen 000	0.70	23:03	32:55	16	7:48	61	23:03	0.70	23:03	32:55	16	7:48	61	23:03
Rad netto	20.00	49:28	2:28	17	15:30	67	15:30	20.70	1:12:31	3:30	18	23:18	68	23:18
Wechsel R -> L	-	2:27	-	11	1:10	58	1:26	20.70	1:14:58	3:37	18	24:28	69	24:28
Rad 000	20.00	51:55	2:35	17	16:40	68	16:40	20.70	1:14:58	3:37	18	24:28	69	24:28
Lauf	5.00	24:23	4:52	9	4:34	44	6:53	25.70	1:39:21	3:51	16	29:02	62	30:09