



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Haupt, Heinz-Holger

□□□: 2:35:51

□□: SV Neptun Neheim-Hüsten

□□: 353

□□: 55.40 km

□□□□□/□□□: 6 (of 59)

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

□□□□□/□: 6 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 1(of 6)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:35:51

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	25:13	18:00	1	-	5	2:49	1.40	25:13	18:00	1	-	5	2:49
Wechsel S -> R	-	2:15	-	1	-	4	0:23	1.40	27:28	19:37	1	-	4	2:49
Schwimmen □□□	1.40	27:28	19:37	1	-	4	2:49	1.40	27:28	19:37	1	-	4	2:49
Rad netto	44.00	1:22:45	1:52	1	-	7	9:42	45.40	1:50:13	2:25	1	-	5	11:26
Wechsel R -> L	-	1:52	-	1	-	6	0:19	45.40	1:52:05	2:28	2	1:21:15	6	1:21:15
Rad □□□	44.00	1:24:37	1:55	1	-	6	10:01	45.40	1:52:05	2:28	2	1:21:15	6	1:21:15
Lauf	10.00	43:46	4:22	2	0:30	9	3:03	55.40	2:35:51	2:48	1	-	6	13:29