



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Sommereisen, Sven

□□□: 1:43:06

□□: Dortmund

□□: 109

□□: 25.70 km

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

□□□□□/□□□: 86 (of 109)

□□□□□/□: 67 (of 83)

□□□□□□: 1:09:12

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 11(of 12)

□□□□□□□: 1:18:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	18:45	26:47	10	6:46	59	8:08	0.70	18:45	26:47	10	6:46	60	18:45
Wechsel S -> R	-	4:46	-	10	2:58	64	3:03	0.70	23:31	33:35	10	9:19	64	23:31
Schwimmen □□□	0.70	23:31	33:35	10	9:19	64	23:31	0.70	23:31	33:35	10	9:19	64	23:31
Rad netto	20.00	49:16	2:27	12	12:04	66	15:18	20.70	1:12:47	3:30	11	18:16	69	23:34
Wechsel R -> L	-	1:31	-	2	0:07	15	0:30	20.70	1:14:18	3:35	11	17:11	68	23:48
Rad □□□	20.00	50:47	2:32	11	12:02	62	15:32	20.70	1:14:18	3:35	11	17:11	68	23:48
Lauf	5.00	28:48	5:45	12	7:51	72	11:18	25.70	1:43:06	4:00	11	25:02	67	33:54