



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Graefe, Jens

□□□: 2:39:14

□□: 340

□□: 55.40 km

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

□□□□□/□□□: 8 (of 59)

□□□□□/□: 7 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 2 (45-49 Jahre)

□□□□□: 3(of 13)

□□□□□□□: 2:29:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	26:34	18:58	3	1:40	9	4:10	1.40	26:34	18:58	3	1:40	9	4:10
Wechsel S -> R	-	2:15	-	1	-	4	0:23	1.40	28:49	20:35	3	1:24	8	4:10
Schwimmen □□□	1.40	28:49	20:35	3	1:24	8	4:10	1.40	28:49	20:35	3	1:24	8	4:10
Rad netto	44.00	1:26:04	1:57	3	8:57	11	13:01	45.40	1:54:53	2:31	3	10:02	8	16:06
Wechsel R -> L	-	2:21	-	4	0:42	17	0:48	45.40	1:57:14	2:34	3	10:09	10	1:26:24
Rad □□□	44.00	1:28:25	2:00	3	9:04	11	13:49	45.40	1:57:14	2:34	3	10:09	10	1:26:24
Lauf	10.00	42:00	4:12	2	1:17	2	1:17	55.40	2:39:14	2:52	3	9:32	7	16:52