



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Thielen, Stefan

□□□: 2:42:07

□□: Hahn Training Systems

□□: 322

□□: 55.40 km

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

□□□□□/□: 9 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 2(of 9)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:35:21

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Schwimmen nett | 1.40 | 26:31 | 18:56 | 2 | 0:22 | 8 | 4:07 | 1.40 | 26:31 | 18:56 | 2 | 0:22 | 8 | 4:07 |
| Wechsel S -> R | - | 2:52 | - | 5 | 0:40 | 12 | 1:00 | 1.40 | 29:23 | 20:59 | 2 | 1:02 | 9 | 4:44 |
| Schwimmen □□□ | 1.40 | 29:23 | 20:59 | 2 | 1:02 | 9 | 4:44 | 1.40 | 29:23 | 20:59 | 2 | 1:02 | 9 | 4:44 |
| Rad netto | 44.00 | 1:26:49 | 1:58 | 5 | 4:17 | 13 | 13:46 | 45.40 | 1:56:12 | 2:33 | 3 | 4:54 | 11 | 17:25 |
| Wechsel R -> L | - | 1:56 | - | 2 | 0:15 | 7 | 0:23 | 45.40 | 1:58:08 | 2:36 | 3 | 5:09 | 12 | 1:27:18 |
| Rad □□□ | 44.00 | 1:28:45 | 2:01 | 5 | 4:07 | 12 | 14:09 | 45.40 | 1:58:08 | 2:36 | 3 | 5:09 | 12 | 1:27:18 |
| Lauf | 10.00 | 43:59 | 4:23 | 2 | 1:37 | 11 | 3:16 | 55.40 | 2:42:07 | 2:55 | 2 | 6:46 | 9 | 19:45 |