



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Thielen, Stefan

□□□: 2:42:07

□□: Hahn Training Systems

□□: 322

□□: 55.40 km

□□□□□/□□□: 10 (of 59)

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

□□□□□/□: 9 (of 47)

□□□□□□: 2:22:22

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□□□□□: 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