



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Kemper, Christoph

□□□: 2:45:07

□□: Tri Sport Menden

□□: 365

□□: 55.40 km

□□□□□/□□□: 11 (of 59)

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

□□□□□/□: 10 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 3(of 9)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:35:21

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:29	20:20	4	2:20	16	6:05	1.40	28:29	20:20	4	2:20	16	6:05
Wechsel S -> R	-	4:22	-	6	2:10	32	2:30	1.40	32:51	23:27	6	4:30	19	8:12
Schwimmen □□□	1.40	32:51	23:27	6	4:30	19	8:12	1.40	32:51	23:27	6	4:30	19	8:12
Rad netto	44.00	1:22:32	1:52	1	-	5	9:29	45.40	1:55:23	2:32	2	4:05	9	16:36
Wechsel R -> L	-	2:43	-	6	1:02	23	1:10	45.40	1:58:06	2:36	2	5:07	11	1:27:16
Rad □□□	44.00	1:25:15	1:56	2	0:37	8	10:39	45.40	1:58:06	2:36	2	5:07	11	1:27:16
Lauf	10.00	47:01	4:42	4	4:39	16	6:18	55.40	2:45:07	2:58	3	9:46	10	22:45