



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

0000

von Schamann, Dennis

000: 1:50:36

00: Hochlarer Corredores

00: 171

00: 25.70 km

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

00000/000: 95 (of 109)

00000/0: 72 (of 83)

000000: 1:09:12

0000:

AK4 männlich (35-39 Jahre)

00000: 3(of 6)

0000000: 1:29:11

0000

0000

000

| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|----------------|-------|-------|--------|----|------|----|-------|-------|---------|--------|----|-------|----|-------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Schwimmen nett | 0.70 | 19:37 | 28:01 | 4 | 3:29 | 64 | 9:00 | 0.70 | 19:37 | 28:01 | 4 | 3:29 | 65 | 19:37 |
| Wechsel S -> R | - | 6:42 | - | 4 | 3:51 | 77 | 4:59 | 0.70 | 26:19 | 37:35 | 5 | 6:27 | 78 | 26:19 |
| Schwimmen 000 | 0.70 | 26:19 | 37:35 | 5 | 6:27 | 78 | 26:19 | 0.70 | 26:19 | 37:35 | 5 | 6:27 | 78 | 26:19 |
| Rad netto | 20.00 | 51:50 | 2:35 | 3 | 9:46 | 72 | 17:52 | 20.70 | 1:18:09 | 3:46 | 3 | 16:13 | 74 | 28:56 |
| Wechsel R -> L | - | 1:27 | - | 1 | - | 9 | 0:26 | 20.70 | 1:19:36 | 3:50 | 3 | 15:52 | 73 | 29:06 |
| Rad 000 | 20.00 | 53:17 | 2:39 | 3 | 9:25 | 71 | 18:02 | 20.70 | 1:19:36 | 3:50 | 3 | 15:52 | 73 | 29:06 |
| Lauf | 5.00 | 31:00 | 6:12 | 4 | 8:05 | 77 | 13:30 | 25.70 | 1:50:36 | 4:18 | 3 | 21:25 | 72 | 41:24 |