



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Jürgens, Klaus-Dieter

□□□: 1:51:00

□□: TC Kirchhunden

□□: 185

□□: 25.70 km

□□□□□/□□□: 97 (of 109)

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

□□□□□/□: 73 (of 83)

□□□□□□: 1:09:12

□□□□:

□□□□□: 1(of 1)

Senioren 8 (75-80 Jahre)

□□□□□□□: 1:51:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	0.70	17:03	24:21	1	-	37	6:26	0.70	17:03	24:21	1	-	38	17:03	
Wechsel S -> R	-	5:30	-	1	-	73	3:47	0.70	22:33	32:12	1	-	57	22:33	
Schwimmen □□□	0.70	22:33	32:12	1	-	57	22:33	0.70	22:33	32:12	1	-	57	22:33	
Rad netto	20.00	54:04	2:42	1	-	74	20:06	20.70	1:16:37	3:42	1	-	73	27:24	
Wechsel R -> L	-	4:07	-	1	-	81	3:06	20.70	1:20:44	3:54	1	-	74	30:14	
Rad □□□	20.00	58:11	2:54	1	-	74	22:56	20.70	1:20:44	3:54	1	-	74	30:14	
Lauf	5.00	30:16	6:03	1	-	75	12:46	25.70	1:51:00	4:19	1	-	73	41:48	