



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

0000

krebs, marco

000: 2:48:34

00: marathon soest

00: 304

00: 55.40 km

00000/000: 13 (of 59)

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

00000/0: 11 (of 47)

000000: 2:22:22

0000:

00000: 4(of 9)

Senioren 1 (40-44 Jahre)

0000000: 2:35:21

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	1.40	29:27	21:02	5	3:18	20	7:03	1.40	29:27	21:02	5	3:18	20	7:03
Wechsel S -> R	-	2:45	-	3	0:33	9	0:53	1.40	32:12	23:00	4	3:51	16	7:33
Schwimmen 000	1.40	32:12	23:00	4	3:51	16	7:33	1.40	32:12	23:00	4	3:51	16	7:33
Rad netto	44.00	1:26:03	1:57	3	3:31	9	13:00	45.40	1:58:15	2:36	4	6:57	12	19:28
Wechsel R -> L	-	2:19	-	5	0:38	16	0:46	45.40	2:00:34	2:39	4	7:35	13	1:29:44
Rad 000	44.00	1:28:22	2:00	4	3:44	10	13:46	45.40	2:00:34	2:39	4	7:35	13	1:29:44
Lauf	10.00	48:00	4:47	6	5:38	19	7:17	55.40	2:48:34	3:02	4	13:13	11	26:12