



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

krebs, marco

□□□: 2:48:34

□□: marathon soest

□□: 304

□□: 55.40 km

□□□□□/□□□: 13 (of 59)

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

□□□□□/□: 11 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 4(of 9)

Senioren 1 (40-44 Jahre)

□□□□□□□: 2:35:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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 □□□	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 □□□	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