



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

## Hennecke, Torsten

□□□: 2:48:57

□□: SC Wilzenberg

□□: 369

□□: 55.40 km

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

□□□□□/□□□: 14 (of 59)

□□□□□/□: 12 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 5(of 9)

□□□□□□□: 2:35:21

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:32	21:05	6	3:23	21	7:08	1.40	29:32	21:05	6	3:23	21	7:08
Wechsel S -> R	-	2:45	-	3	0:33	9	0:53	1.40	32:17	23:03	5	3:56	17	7:38
Schwimmen □□□	1.40	32:17	23:03	5	3:56	17	7:38	1.40	32:17	23:03	5	3:56	17	7:38
Rad netto	44.00	1:26:03	1:57	3	3:31	9	13:00	45.40	1:58:20	2:36	5	7:02	13	19:33
Wechsel R -> L	-	2:16	-	4	0:35	15	0:43	45.40	2:00:36	2:39	5	7:37	14	1:29:46
Rad □□□	44.00	1:28:19	2:00	3	3:41	9	13:43	45.40	2:00:36	2:39	5	7:37	14	1:29:46
Lauf	10.00	48:21	4:50	7	5:59	20	7:38	55.40	2:48:57	3:02	5	13:36	12	26:35