



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

0000

Pelikan, Max

000: 2:50:37

00: 346

00: 55.40 km

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

00000/000: 17 (of 59)

00000/0: 15 (of 47)

000000: 2:22:22

0000:

AK4 männlich (35-39 Jahre)

00000: 1(of 6)

0000000: 2:50:37

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	27:02	19:18	2	0:08	11	4:38	1.40	27:02	19:18	2	0:08	11	4:38
Wechsel S -> R	-	3:50	-	3	0:24	24	1:58	1.40	30:52	22:02	2	0:32	13	6:13
Schwimmen 000	1.40	30:52	22:02	2	0:32	13	6:13	1.40	30:52	22:02	2	0:32	13	6:13
Rad netto	44.00	1:30:56	2:04	4	1:16	23	17:53	45.40	2:01:48	2:40	2	1:00	17	23:01
Wechsel R -> L	-	2:39	-	3	0:34	20	1:06	45.40	2:04:27	2:44	2	1:34	17	1:33:37
Rad 000	44.00	1:33:35	2:07	3	1:14	21	18:59	45.40	2:04:27	2:44	2	1:34	17	1:33:37
Lauf	10.00	46:10	4:36	1	-	14	5:27	55.40	2:50:37	3:04	1	-	15	28:15