



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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von Dewitz-Krebs, Peter

□□□: 2:51:36

□□: W+F Münster

□□: 327

□□: 55.40 km

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

□□□□□/□□□: 19 (of 59)

□□□□□/□: 16 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 4 (55-59 Jahre)

□□□□□: 2(of 6)

□□□□□□□: 2:35:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	30:24	21:42	4	5:11	28	8:00	1.40	30:24	21:42	4	5:11	28	8:00
Wechsel S -> R	-	23:59:59	-	6	23:57:44	47	23:58:07	1.40	24:30:23	1050:16	7	24:02:55	48	24:05:44
Schwimmen □□□	1.40	24:30:23	1050:16	7	24:02:55	48	24:05:44	1.40	24:30:23	1050:16	7	24:02:55	48	24:05:44
Rad netto	44.00	1:30:26	2:03	3	7:41	21	17:23	45.40	26:00:49	34:22	7	24:10:36	48	24:22:02
Wechsel R -> L	-	22:30:01	-	6	22:28:09	47	22:28:28	45.40	48:30:50	64:06	7	48:00:00	48	48:00:00
Rad □□□	44.00	24:00:27	32:44	6	22:35:50	47	22:45:51	45.40	48:30:50	64:06	7	48:00:00	48	48:00:00
Lauf	10.00	2:20:46	14:04	6	1:37:30	47	1:40:03	55.40	2:51:36	3:05	2	15:45	16	29:14