



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Prott, Berthold

□□□: 2:49:04

□□: Tri Team Selm

□□: 333

□□: 55.40 km

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

□□□□□/□□□: 15 (of 59)

□□□□□/□: 13 (of 47)

□□□□□□: 2:22:22

□□□□:

Senioren 1 (40-44 Jahre)

□□□□□: 6(of 9)

□□□□□□□: 2:35:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	27:18	19:30	3	1:09	12	4:54	1.40	27:18	19:30	3	1:09	12	4:54	
Wechsel S -> R	-	2:38	-	2	0:26	8	0:46	1.40	29:56	21:22	3	1:35	10	5:17	
Schwimmen □□□	1.40	29:56	21:22	3	1:35	10	5:17	1.40	29:56	21:22	3	1:35	10	5:17	
Rad netto	44.00	1:29:13	2:01	6	6:41	16	16:10	45.40	1:59:09	2:37	6	7:51	14	20:22	
Wechsel R -> L	-	2:11	-	3	0:30	11	0:38	45.40	2:01:20	2:40	6	8:21	15	1:30:30	
Rad □□□	44.00	1:31:24	2:04	6	6:46	15	16:48	45.40	2:01:20	2:40	6	8:21	15	1:30:30	
Lauf	10.00	47:44	4:46	5	5:22	18	7:01	55.40	2:49:04	3:03	6	13:43	13	26:42	