



# 9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Kersten, Frank

□□□: 2:53:13

□□: SCC Scharmede

□□: 348

□□: 55.40 km

□□□□□/□□□: 21 (of 59)

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

□□□□□/□: 18 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 3(of 6)

Senioren 4 (55-59 Jahre)

□□□□□□□: 2:35:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	29:16	20:54	3	4:03	19	6:52	1.40	29:16	20:54	3	4:03	19	6:52
Wechsel S -> R	-	4:32	-	3	2:17	33	2:40	1.40	33:48	24:08	3	6:20	24	9:09
Schwimmen □□□	1.40	33:48	24:08	3	6:20	24	9:09	1.40	33:48	24:08	3	6:20	24	9:09
Rad netto	44.00	1:32:57	2:06	4	10:12	26	19:54	45.40	2:06:45	2:47	4	16:32	26	27:58
Wechsel R -> L	-	3:12	-	4	1:20	33	1:39	45.40	2:09:57	2:51	4	1:39:07	26	1:39:07
Rad □□□	44.00	1:36:09	2:11	3	11:32	26	21:33	45.40	2:09:57	2:51	4	1:39:07	26	1:39:07
Lauf	10.00	43:16	4:19	1	-	8	2:33	55.40	2:53:13	3:07	3	17:22	18	30:51