



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Wimpelberg, Markus

□□□: 2:54:42

□□: Team Erdinger Alkoholfrei

□□: 363

□□: 55.40 km

□□□□□/□□□: 22 (of 59)

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

□□□□□/□: 19 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 4(of 13)

Senioren 2 (45-49 Jahre)

□□□□□□□: 2:29:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	28:35	20:25	4	3:41	17	6:11	1.40	28:35	20:25	4	3:41	17	6:11
Wechsel S -> R	-	3:36	-	4	1:21	18	1:44	1.40	32:11	22:59	4	4:46	15	7:32
Schwimmen □□□	1.40	32:11	22:59	4	4:46	15	7:32	1.40	32:11	22:59	4	4:46	15	7:32
Rad netto	44.00	1:31:33	2:04	6	14:26	25	18:30	45.40	2:03:44	2:43	4	18:53	18	24:57
Wechsel R -> L	-	2:33	-	5	0:54	19	1:00	45.40	2:06:17	2:46	4	19:12	18	1:35:27
Rad □□□	44.00	1:34:06	2:08	5	14:45	23	19:30	45.40	2:06:17	2:46	4	19:12	18	1:35:27
Lauf	10.00	48:25	4:50	4	7:42	21	7:42	55.40	2:54:42	3:09	4	25:00	19	32:20