



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

□□□□

Droste, André

□□□: 2:57:51

□□: RC Sorpesee

□□: 314

□□: 55.40 km

□□□□□/□□□: 25 (of 59)

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

□□□□□/□: 22 (of 47)

□□□□□□: 2:22:22

□□□□:

□□□□□: 2(of 3)

AK2 männlich (25-29 Jahre)

□□□□□□□: 2:22:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Schwimmen nett	1.40	22:24	16:00	1	-	1	-	1.40	22:24	16:00	1	-	1	-
Wechsel S -> R	-	2:15	-	2	0:23	4	0:23	1.40	24:39	17:36	1	-	1	-
Schwimmen □□□	1.40	24:39	17:36	1	-	1	-	1.40	24:39	17:36	1	-	1	-
Rad netto	44.00	1:30:12	2:03	2	17:09	19	17:09	45.40	1:54:51	2:31	2	16:04	7	16:04
Wechsel R -> L	-	2:15	-	2	0:42	14	0:42	45.40	1:57:06	2:34	2	16:46	8	1:26:16
Rad □□□	44.00	1:32:27	2:06	2	17:51	18	17:51	45.40	1:57:06	2:34	2	16:46	8	1:26:16
Lauf	10.00	1:00:45	6:04	3	18:43	43	20:02	55.40	2:57:51	3:12	2	35:29	22	35:29